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**SUPER BOWL,  
SUPER RINGS**WE'VE GOT YOUR  
TASTE BUDS COVERED  
FOR THIS SUNDAY'S  
BIG GAME **PAGE 32****Ringleader in teen  
pimp trial guilty**

17-year-old's convictions include human trafficking, procuring for the purpose of prostitution and assault

**PAGE 4****Marriage is  
between a man  
and lady donkey**VIA terror suspect goes on bizarre attack on laws 'written by humans' **PAGE 13****BELL RINKS UP DEAL WITH SENs**Ottawa Senators President Cyril Leeder (left) and Bell Media President Kevin Crull pose for photos after announcing a 12-year regional broadcasting deal with the club  
Wednesday. Story, page 6. TREVOR GREENWAY/METRO

**Drastic change.**  
Mayors complain of  
micromanaging by  
Crown corporation

 **TREVOR  
GREENWAY**  
trevor.greenway@metronews.ca

The mayors of Ottawa and Gatineau are calling for drastic changes to the National Capital Commission (NCC), saying the Crown corporation has "lost its focus," and is micromanaging too many city projects.

The pair said they want their cities to have seats on the commission. Ottawa Mayor Jim Watson and Gatineau Mayor Maxime Pedneaud-Jobin made the joint announcement Wednesday, following their first official meeting at city hall.

Watson says he is frustrated with the way the NCC has been interfering in city projects and wants two elected city officials — one from each city council — to sit on the NCC board of directors.

"I don't believe a visitor from the Northwest Territories or New Brunswick who sits on

the board should cast the deciding vote on important, local, municipal issue," said Watson.

In a letter to Prime Minister Stephen Harper, the two mayors charge that the NCC's "relentless obstruction in the City of Ottawa's efforts to create a world-class transit system" and the "unilateral decision to close Rue Gamelin" in Gatineau is concerning.

Watson said Ottawa and Gatineau are the only cities in the country that have to answer to a body such as the NCC.

"Can you imagine an un-

elected, unaccountable body, saying 'no' to Toronto City Council. You can't have that subway extension where it makes the most sense?"

"Or imagine an unelected, unaccountable body standing in the way of a major transportation improvement in Montreal or Windsor or Calgary. And imagine that unelected, unaccountable body making or impeding local decisions and being made up of a majority of members from outside the region."

The NCC declined comment Wednesday, but a

spokesperson for Foreign Affairs Minister John Baird said the federal government is not on board with the mayors' requests.

"The National Capital Commission has a national and Pan-Canadian mandate," said Rick Roth in a statement.

"I think the fact the prime minister has had a local minister responsible these last eight years is an enhancement. The idea of putting city officials on the board is an idea this and the previous government have not endorsed."

**Spy says  
Syrian terror  
group plans to  
attack U.S.**

A Syrian militant group is training fighters from Europe, the Mideast and U.S., the top U.S. intelligence official told Congress **PAGE 19**

**Beachy keen**

Teen alt-pop band The Beaches psyched to headline show at Zaphod Beeblebrox this Friday **PAGE 10**

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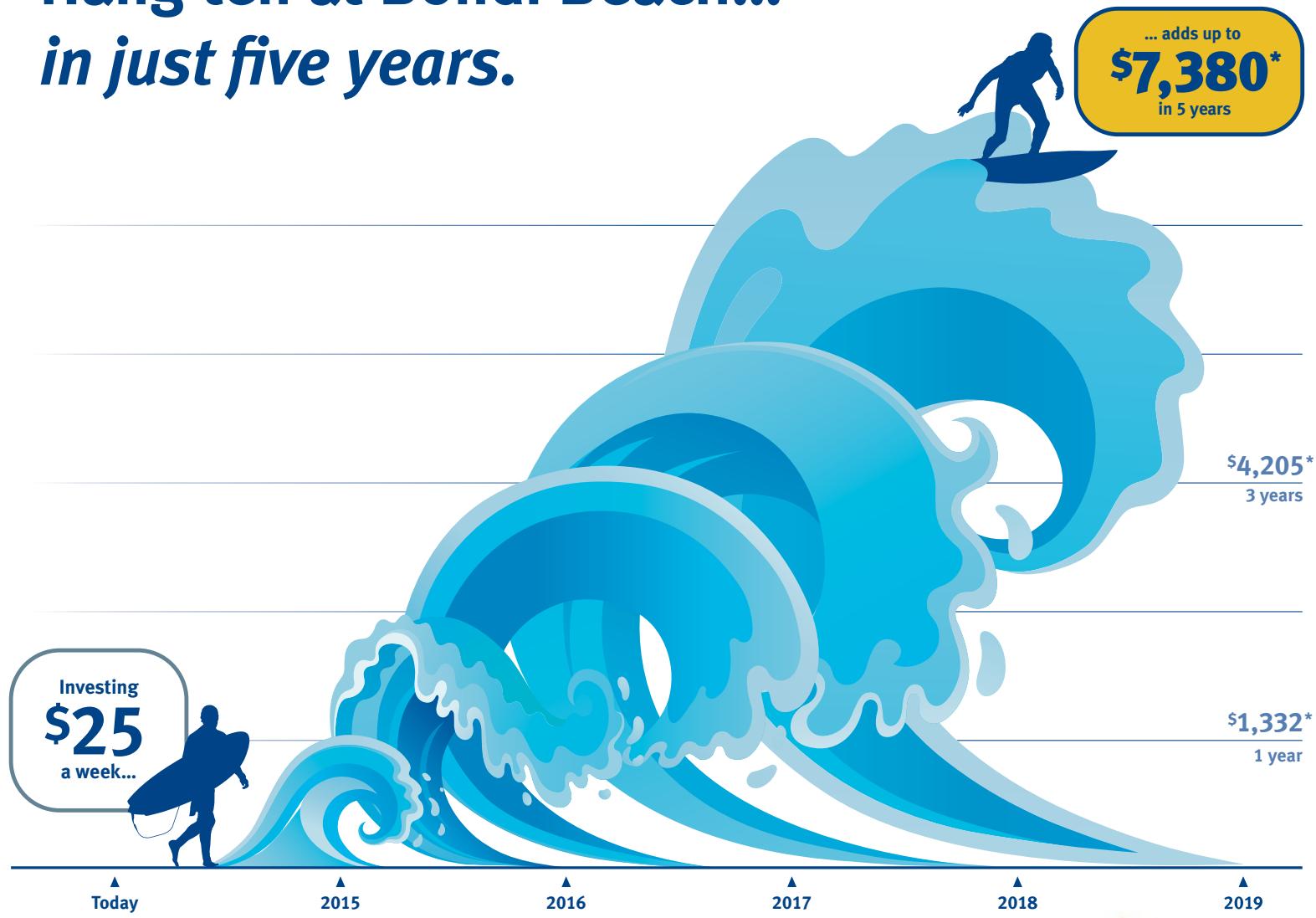
Save the drab shades for gazing at the winter sky and add some pop to your pad already **PAGE 29**





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# Man in jail after allegedly kidnapping cop's daughter

## Facing 10 charges.

Young woman, who appears to be an ex-girlfriend, uninjured in incident

LUCY  
SCHOLEY  
lucy.scholey@metronews.ca

A 20-year-old Ottawa man faces 10 charges following an alleged kidnapping of a police officer's daughter Tuesday night.

Andrew Bettencourt appeared in court by video to hear his charges, which include kidnapping, forcible confinement, auto theft, dangerous driving, failure to stop for police, assault,

assault with a weapon and mischief.

Bettencourt was driving a 2000 Black BMW 328i when he allegedly abducted his ex-girlfriend, Harmony Nhin.

The car he was driving is registered under the name of Min Soe Myo of the Ottawa police. Myo is also one of the two complainants named in court documents. A constable with the same name is mentioned in a 2012 commendation letter posted to the City of Ottawa website.

Police say Nhin had been missing from her home in Orleans for five hours before the OPP found the car on Highway 416.

Nhin was not harmed and Bettencourt was ar-

## Next steps

Bettencourt's case has been remanded until Monday, Feb. 3, when he will appear in court by video.

- The proceedings will be under a publication ban.

rested without incident.

According to Facebook, the two were in a relationship, but recently ended it.

Bettencourt is known to police. In 2011, he was charged with car theft, credit card fraud, theft, assault and obstruction of justice. He has also faced charges of being unlawfully at large and failing to comply with bail conditions.



Andrew Bettencourt, 20, is facing charges of kidnapping, assault and auto theft following the alleged abduction of a police officer's daughter. FACEBOOK

## Arctic summit talks hot opportunities



Gold miners work in the open pit mine at Agnico-Eagle's Meadowbank Mine facility in Nunavut in 2011. Northern resource development is fueling interest in Arctic development and, as a result, the Northern Lights Conference in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

About 1,200 people are gathering in Ottawa to check out the Northern Lights this week.

While the capital city is not the best place to watch the natural phenomenon, it's fast becoming the hub to talk about the north and the emerging opportunities for business and development in the Arctic.

Business owners, government officials, people in the non-governmental sector and artists are gathering at the Ottawa Convention Centre for this year's Northern Lights conference Jan. 29 to Feb. 1.

The biannual event brings in 200 exhibitors and speakers to network and discuss northern business opportunities.

"The agenda, right now, is on the north," said Sterling Peyton, president of the Labrador North Chamber of Commerce and co-chair of Northern Lights. "There's a tremendous opportunity up there for resource development. People are really focusing on it."

He noted "mega-projects" like the \$7-billion mining project in Nunavut and the \$7.7-billion Muskrat Falls project.

Other key northern developments include the \$1.5-billion Trans Labrador Highway, the \$350-million Iqaluit International Airport Improvement Project and the \$69-million social-housing project for 14 communities in Nunavik.

Just as interest in the Arctic is growing, so too is this conference. At the inaugural event in 2008, about 500 people gathered at the convention centre.

It's hosted by the Labrador North Chamber of Commerce and Baffin Regional Chamber of Commerce.

LUCY SCHOLEY/METRO

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Ottawa



# Teenage pimp ringleader guilty

**'Shocking.'** First time Canadian teen convicted of human trafficking: Detective

 JOE LOFARO  
joe.lofaro@metronews.ca

A 17-year-old girl was found guilty Wednesday of a slew of charges stemming from a teen pimping ring she orchestrated with her two friends in south Ottawa in early 2012.

The petite girl had for the most part remained composed throughout the trial, but on Wednesday she broke down in tears as the judge repeated the word "guilty" while outlining her reasons for judgment.

The girl, who was 15 at the time of her arrest, was facing 33

charges in total. She was found guilty of all but five. The Crown dropped two charges and the girl was found not guilty of one count each of forcible confinement, assault and administering a noxious substance.

Her convictions include human trafficking, procuring for oral sex. The other two co-accused entered mid-trial guilty pleas. One of them was sentenced to an additional seven months in jail, while the other teen is awaiting a decision on sentencing.

The Crown is seeking to sentence the 17-year-old as an adult. She is to return to court on Feb 12.

Throughout the trial the court heard that the ringleader and her two co-accused lured teen girls and befriended other peers on Facebook and used vio-

lence or the threat of violence to force them into working as prostitutes. Three of the seven complainants were delivered to johns in spring 2012.

The youngest victim was 13 when she was pimped and sold for oral sex. The other two co-accused entered mid-trial guilty pleas. One of them was sentenced to an additional seven months in jail, while the other teen is awaiting a decision on sentencing.

Outside the courthouse, lead detective Kelly Lyle again praised the victims in this case for having the strength to come forward and tell their traumatic stories before the court.

"They were the reason we did so well," said Lyle. "I think this is a case we haven't seen before and hopefully we won't see again. It's shocking for everybody."

# Mom of teen pimp victim 'proud' and 'broken'

For months, an Ottawa mother was kept in the dark about her daughter's traumatizing ordeal of being assaulted by her peers, threatened of being thrown off a 15th floor balcony, and forced to perform oral sex in exchange for money.

The girl, who cannot be named in order to protect her identity, was 13 when this happened to her.

She was one of the unsuspecting victims caught in what Justice Diane Lahaie referred to as "a web of organized prostitution" orchestrated by three teenage girls between November 2011 and June 2012.

The teenage girl who ran the pimping ring was found guilty Wednesday of several charges, including human trafficking, assault, procuring for the purpose of prostitution and forcible confinement.

Since the victim's mom was also a witness in the trial,

## Quoted

**"Make sure you know who your kids' friends are. And if you have a gut feeling, follow it ..."**

Mother of victim

she was bound by a court order to not discuss the case with her daughter or anyone else.

The mother, who also cannot be named in order to protect her daughter's identity, thought at the time her daughter had been at another girl's house for a sleepover on June 2, 2012. She only learned Wednesday that her daughter was forced to perform oral sex for a john in a BMW and hand over cash to her teen madams.

"Living through this has been a nightmare for me because I imagined everything

worse and not as bad," the mother told reporters outside the courthouse. "Today, I heard the majority of what happened to my daughter so therefore I am even more broken than I was. But I am even more proud of her because she is standing and she is strong."

The mother was visibly shaken and holding back tears as she addressed the media. She thanked Ottawa police and the Crown prosecutors for assisting her daughter from beginning to end.

But not before giving parents a few words of advice.

"Don't trust any kids out there. It's kind of sad, but make sure you know where your kids are," she said, trying to compose herself. "Make sure you know who your kids' friends are. And if you have a gut feeling, follow it because I've been living with that guilt for a while."

JOE LOFARO/METRO

## Investigation ongoing

### Suspicious death in Barrhaven Wednesday

Ottawa police said Wednesday night they were investigating a suspicious death in Barrhaven.

The police force said they were called to the 100 block of Brambling Way.

While police offered no other detail by press time, the CBC reported relatives of the dead woman discovered the body and called police around 1 p.m.

METRO

## Howard Richmond

### Murder accused drops bail bid

A Canadian Forces warrant officer accused of first-degree murder in the death of his 28-year-old wife, Melissa Richmond, abandoned his bail application Wednesday, the day the judge was scheduled to render a decision on the matter.

Howard Richmond, 51, was charged last July after his wife's body was found in a ravine outside a South Keys restaurant.

Richmond will return to court on May 12 for a preliminary hearing.

JOE LOFARO/METRO

## Peter Wayne Latendresse

### Bail set for man facing child porn charges

An Ottawa man facing child pornography charges is expected to have a bail hearing Friday. Peter Wayne Latendresse, 48, was arrested Jan. 28 after police received a complaint from a social media site that he had posted an image of an underage girl performing a sexual act, according to Ottawa Police Sgt. Frank D'Aoust. Latendresse appeared in court by video Wednesday.

LUCY SCHOLEY/METRO

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# Sens, Bell Media announce 12-year broadcast deal

**More hockey!** Company president claims move is not a reaction to Rogers' NHL deal

 **TREVOR GREENWAY**  
trevor.greenway@metronews.ca

Ottawa Senators fans should be singing today after Bell Media and the city's NHL club announced a 12-year deal that will give TSN and RDS exclusive TV rights to broadcast at least 52 regular season games every season, starting in the fall.

The deal, announced Wednesday afternoon, makes TSN and RDS the official regional broadcaster of the Ottawa Senators and comes just a few months after the NHL and Rog-

ers Communications reached a 12-year, \$5.2-billion agreement for national rights to all NHL games, including playoffs and the Stanley Cup Final.

Bell Media president Kevin Crull said the latest deal was in the works all along and had nothing to do with his company losing national broadcast rights to Rogers last year.

"It was important for us, no matter what would have happened with the NHL deal," he said during a press conference.

"We have always been active in pursuing the regional rights. We carry the Winnipeg Jets, of course the Maple Leafs and we also have the Montreal Canadiens, so adding the Senators to that was fantastic for us. Was this a reaction? No. Absolutely this was in our plans all along and we couldn't be happier."

## Bottom line

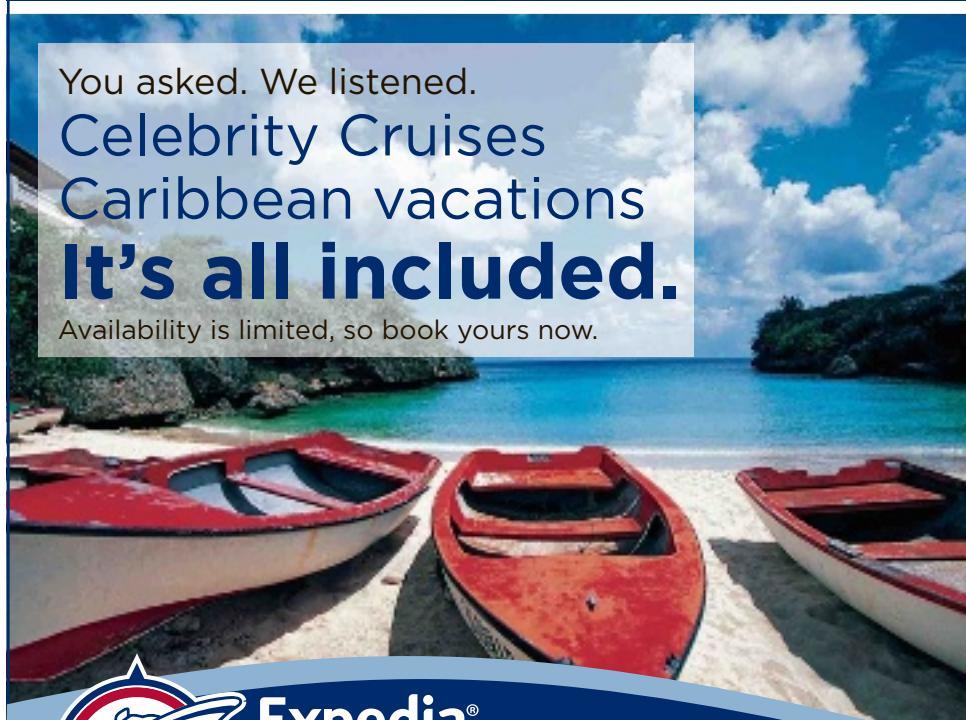
### What does this exactly mean for Senators fans?

- Instead of only getting the 10 or 12 nationally broadcasted games, fans will get to see at least 52 regular season Sens games each season throughout the next 12 years.
- There will be no blackouts, and anyone who has TSN will see the games. The financial terms were not disclosed in the deal, but team president Cyril Leeder said the extra resources will allow the organization to "continue to put the best possible hockey team on the ice year after year."



Senators Sports and Entertainment president Cyril Leeder speaks about the hockey team's deal with Bell Media at a news conference in Kanata Wednesday. **TREVOR GREENWAY/METRO**

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## HealthCanada

## Tweed to supply medical marijuana

Tweed Inc. (Tweed) announced late Tuesday that it has received a licence from Health Canada to produce and supply medical marijuana under the new Marijuana for Medical Purposes Regulations (MMPR).

Tweed plans to begin registering customers on Feb. 6, and will also give custom-

ers a first view of some of the strains planned for its store at that time. Tweed made headlines in late September when it occupied the former Hershey chocolate factory in Smiths Falls and announced its intention to use more than 168,000 square feet to grow medical marijuana.

The granting of a licence follows recent news that Tweed has taken the first steps to becoming a publicly traded company.

METROLAND NEWS SERVICE

## Coffee-shop robbery

## Cops search for syringe-toting robber

Police in Ottawa are asking for the public's help in nabbing a coffee shop robbery suspect who threatened a cashier with a syringe.

The incident took place Jan. 27 at around 9:35 p.m. when a man entered a cafe along the 2900 block of

Carling Avenue and threatened to "prick" the cashier if they didn't hand over money. The suspect fled on foot with some cash. The employee was not injured.

Police are looking for a slender white man, five-foot-nine, around 50-years-old.

Police are urging anyone with information to contact the robbery unit at 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

TREVOR GREENWAY/METRO

# Lumière fest makes frosty appearance at Winterlude

## Frigid fun. Snow lanterns new activity for families

For individuals not interested in skating or sliding during Winterlude this year, another bright opportunity is available.

This year for the first time, Winterlude has partnered with the New Edinburgh Community and Arts Centre's Lumière Festival to offer a unique activity — making snow lanterns. It will take place every Saturday throughout Winterlude at Jacques-Cartier Park. The centre's children's programming co-ordinator Malachi Handler will be available to help families build their lanterns.

"It will be very interactive," Handler said. "Whether you love the arts, or engineering its something that I think will attract a broad group of people. It's something families can do together."

The Lumière Festival runs every summer during the month of August with multiple workshops teaching individuals how to build a lantern. The festival ends with the Evening of Light Celebration where people release their lanterns in Stanley Park.

Handler said she was pleased to be taking part in this year's Winterlude, adding this is a great opportunity for the community centre to participate in its own way during the festival.

"I think that it's unique and will appeal to all sorts of people and demographics," she said.

Handler said there will be multiple designs people can try — everything from easy to difficult. He said the community centre staff has been practicing making the lanterns themselves.

"There are some models that are snowball-based. The more traditional lanterns can be tricky so we will encourage the options," Handler said. METROLAND NEWS SERVICE



## Who's ready for Winterlude?

Carvers are seen working in Confederation Park on a pair of ice bears Tuesday in anticipation of the opening weekend of Winterlude. The festival runs from Jan. 31 to Feb. 17. SEAN MCKIBBON/METRO



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# The Beaches invade the capital

**Toronto teen rockers.**  
Band exploding onto scene, set to play first Ottawa show

 **TREVOR GREENWAY**  
trevor.greenway@metronews.ca

As a young girl, Jordan Miller always dreamed of being just like Sheryl Crow. Her younger sister Kylie wanted to be like her big sister, so the two began jamming in their Toronto bedroom.

It hasn't taken that long for their sisterly hobby to morph into a promising music career for the girls and two other Toronto teens who, together, formed the fem rock band The Beaches just over a year ago.

And what a year it has been. The four Toronto teen-aged rockers between 16- and 19 years old spent time in

London recording Loner, for U.K. fashion company French Connection's From Sketch to Store campaign. But their biggest break came in October of last year when they opened a Montreal show for Grammy Award winning indie rockers Kings of Leon — a show that drew 30,000 screaming fans.

"It was just an honour to open for them because they are huge, they are Kings of Leon, like, everyone knows them," said 19-year-old Leandra Earl, who plays keys, guitar and backup vocals. "It was just crazy."

When asked if they were nervous opening up for such a big band, The Beaches, which includes drummer Eliza Enman McDaniel, bassist and lead singer Jordan Miller, guitarist Kylie Miller and Earl, let out a collective "yes." But it's the nerves that drives the band to succeed, says Jordan.

"We were a little freaked out at the beginning," she

## Coming this Friday

The Toronto teen rockers join Ottawa bands Dead Bees and Elementals for their first show in the nation's capital. Tickets are \$7, with doors opening at 8 p.m.

said. "But, once we got on stage, and this is pretty normal for us, we get really comfortable and it's not as nerve-wracking." Most of the band is still in high school and somehow manages to juggle homework, rehearsals and touring all at once.

The all-female alt rockers seem to be gaining momentum. Their video for the single Loner has been viewed more than 82,000 times on YouTube and they are hoping to score some more Ottawa fans when they headline Zaphod Beeblebrox this Friday.



Toronto band The Beaches play Zaphod Beeblebrox this Friday for their first Ottawa show. COURTESY OF ALEX BRUCE

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# Pub 1st Ottawa resto to accept bitcoins

Mark Uhlmann is trying to cut out the middleman. Visa, MasterCard, American Express. Yeah, those guys.

The co-owner of The Standard Luxury Tavern just hopes his customers catch on to the Bitcoin craze that seems to be sweeping across the country.

The Elgin Street pub is the first restaurant in the city to accept bitcoins and Uhlmann sees an opportunity for both his business and his customers to save money.

"We get hammered by credit card fees," he said from his downtown bar.

"There are fees and there are hidden fees that you don't even fully understand," he said, adding that he pays an average of just over three per cent per transaction, but with bitcoins now being accepted at his bar, "there is no fee, that big cost is gone."

According to the Canadian Bitcoin Business Directory, there are currently 173 merchants accepting the peer-to-peer currency across the country, with eight of those establishments in Ottawa.



Co-owner of The Standard Luxury Tavern in Ottawa, Mark Uhlmann, holds up a tablet that allows his Elgin Street bar to accept bitcoins. TREVOR GREENWAY/METRO

Uhlmann hopes that number will keep rising.

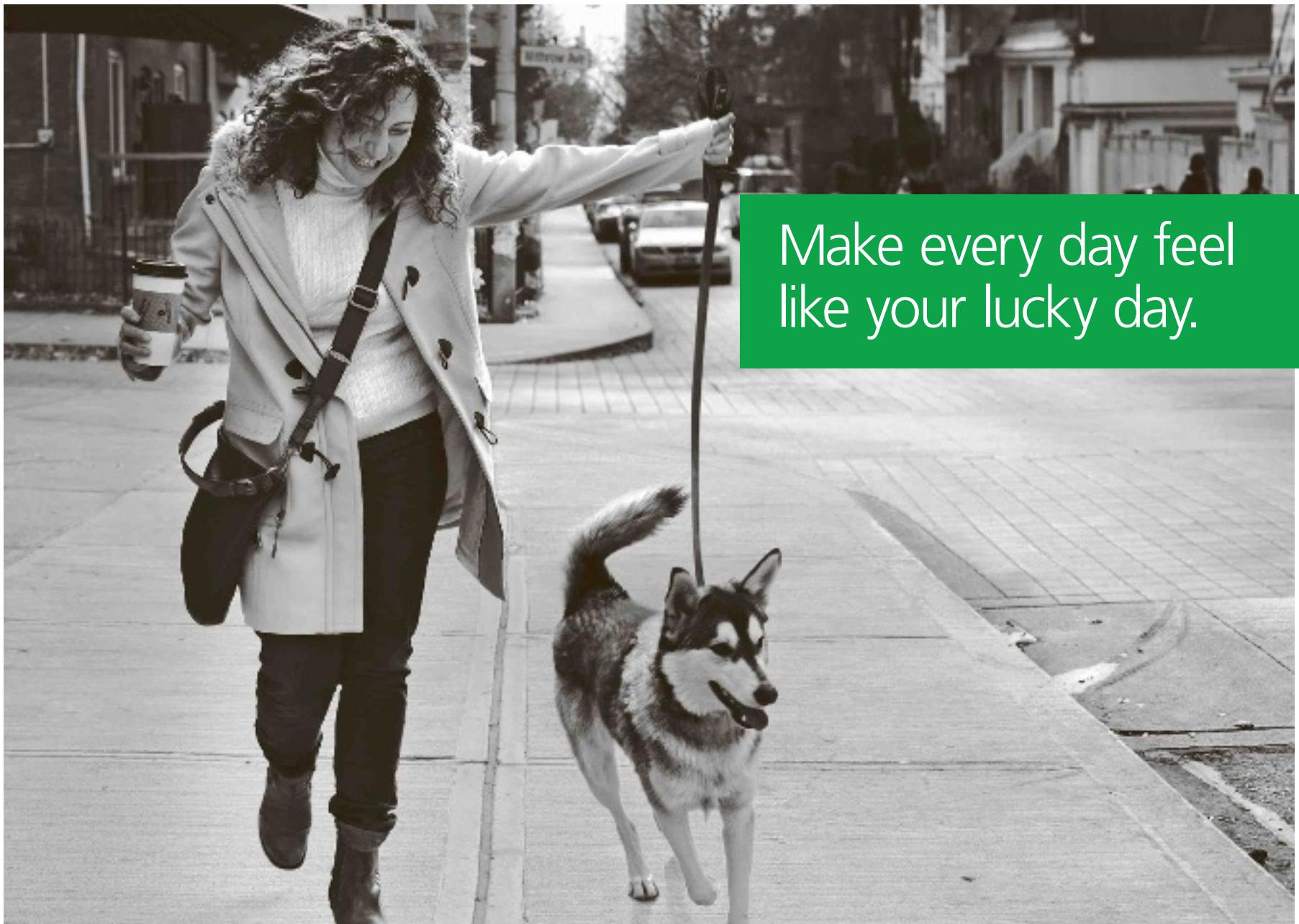
The Clocktower Brew Pub installed the city's first Bitcoin ATM earlier this month, but the pub doesn't currently accept the currency. Manager Manny Garcia said plans are in the works to start accepting bitcoins.

The Standard is having a Bitcoin launch party Thursday with a live DJ and cheap eats for patrons who pay with bitcoins.

TREVOR GREENWAY/METRO

## What's a bitcoin?

Bitcoin is a digital online currency that allows users to send money directly to one another without going through banks or third-party handlers. There are no tangible coins and one bitcoin is worth about \$900 Canadian, but users can buy a fraction of a bitcoin and also have it converted back to Canadian dollars.



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U.S. South snarled by seldom-seen snowstorm



5

**1 Gimme shelter.** Finding refuge in the pharmacy

People take shelter at a pharmacy in Atlanta Wednesday as a rare snowstorm left thousands in the U.S. South frozen in their tracks. Workers slept in offices, students camped in schools and drivers abandoned cars. JAIMIE SARRO/ATLANTA JOURNAL-CONSTITUTION/THE ASSOCIATED PRESS

**2 Highway star.** Stranded drivers get roadside assistance

Kevin Moore hands out snacks and water to a stranded motorist on Interstate 285 Wednesday in Dunwoody, Ga. Georgia Gov. Nathan Deal said Wednesday that the National Guard was sending military vehicles onto Atlanta's freeway system to move stranded school buses and get food and water to people. BRANDEN CAMP/THE ASSOCIATED PRESS

**3 Going nowhere.** Trucks trapped on tricky trails

Traffic is at a standstill on Interstate 65 as officials work to clear abandoned vehicles Wednesday in Hoover, Ala. The snowstorm deposited mere inches of snow, but the South saw 1,000 fender-benders, with at least six people dying in accidents. HAL YEAGER/THE ASSOCIATED PRESS

**4 All downhill.** The weather isn't toboggan them down

Marines assigned to Camp Lejeune, Jacksonville, ride in a makeshift toboggan Wednesday. It was uncertain when highways would thaw, as temperatures were not expected to be above freezing for very long. JOHN ALTHOUSE/THE DAILY NEWS/THE ASSOCIATED PRESS

**5 Freedom of beach.** Who's up for volleyball ... or skiing?

Women take in the wintry mix at Wrightsville Beach, N.C., Wednesday. Southern hospitality was on offer during the storm, with people taking to social media to offer guest rooms, fire stations, churches and park gyms to those needing a warm place to stay. MIKE SPENCER/THE STAR-NEWS/THE ASSOCIATED PRESS

# Rob Ford sued over alleged link to prison assault

## Statement of claim.

Ex-boyfriend of Ford's sister says he was beaten in jail to keep him silent about Toronto mayor's 'unsavoury activities'

Toronto Mayor Rob Ford is being sued by his sister's ex-boyfriend, who alleges Ford conspired to have him attacked in jail to prevent his illicit behaviours from becoming public.

Scott MacIntyre alleges in the statement of claim filed Wednesday that the mayor arranged for jail staff to facilitate the beating. Video surveillance in the area had been "inexplicably disabled" before the attack and the guards stationed to watch the area didn't come to his aid, MacIntyre alleges.

MacIntyre went to jail in 2012 after being charged with threatening the mayor, for saying he would expose his "unsavoury activities," MacIntyre says in his statement of claim.

It was there in March 2012 that he was brutally beaten, more than a year before reports on the existence of a video appearing to show the mayor smoking crack cocaine.



Toronto Mayor Rob Ford at a budget debate in Toronto on Wednesday.

ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

"Ford's drug and alcohol abuse, and his association with criminals to facilitate his drug abuse ... are long-standing," MacIntyre writes in his statement of claim. "Ford was anxious that these matters should remain undiscovered."

The allegations are "without fact or foundation," Ford's lawyer Dennis Morris said.

MacIntyre alleges Ford conspired with Payman Aboodowleh, who coached high school football with Ford, to have one of their former players, who was also in jail at the time, attack him.

The former player, Aedan Petros, was among various in-

mates who told MacIntyre to "keep his mouth shut," once he was sent to jail, MacIntyre alleges.

The suit also names Ontario's Ministry of Correctional Services, which is responsible for the province's jails, Aboodowleh and Petros.

MacIntyre is seeking \$1 million in damages from all of the defendants, plus \$100,000 from each of them for aggravated, punitive and penal damages. He is also seeking another \$100,000 from the ministry, who he alleges breached his charter right to life, liberty and security of the person.

THE CANADIAN PRESS

## The Vatican

### Pope Francis makes amends to feathered friends

Pope Francis seems to have made up with the birds.

After his dove release went terribly awry on Sunday, Francis blessed a green parrot named Amore on Wednesday that was offered to him by Amore's owner, Francesco Lombardi.

Francis initially drove by Amore during his general audience, but then doubled back and took the bird for a few seconds on his finger. Lombardi said Amore parroted back the "Papa" that the crowd was chanting.

The scene wasn't so peaceful on Sunday, when children flanking Francis set free two doves that were attacked by a crow and seagull. THE ASSOCIATED PRESS

## The donkey defence? VIA terror-plot suspect goes on anti-gay-marriage tirade

A man accused of plotting an attack on a VIA Rail train took aim at homosexuality in court Wednesday, denouncing Canada's "written-by-humans" Criminal Code because he said it protects gay marriage.

Chiheb Esseghaier, 31, was arrested last April 22 on charges of conspiring to derail a passenger train travelling from New York to Toronto.

Esseghaier, who has refused to seek counsel since no lawyer will represent him based on the Qur'an, made a speech on Canada's legal system.

"The Criminal Code is a book written by humans," Esseghaier said. "We are putting the laws of God behind our back and we are following the laws of humans."

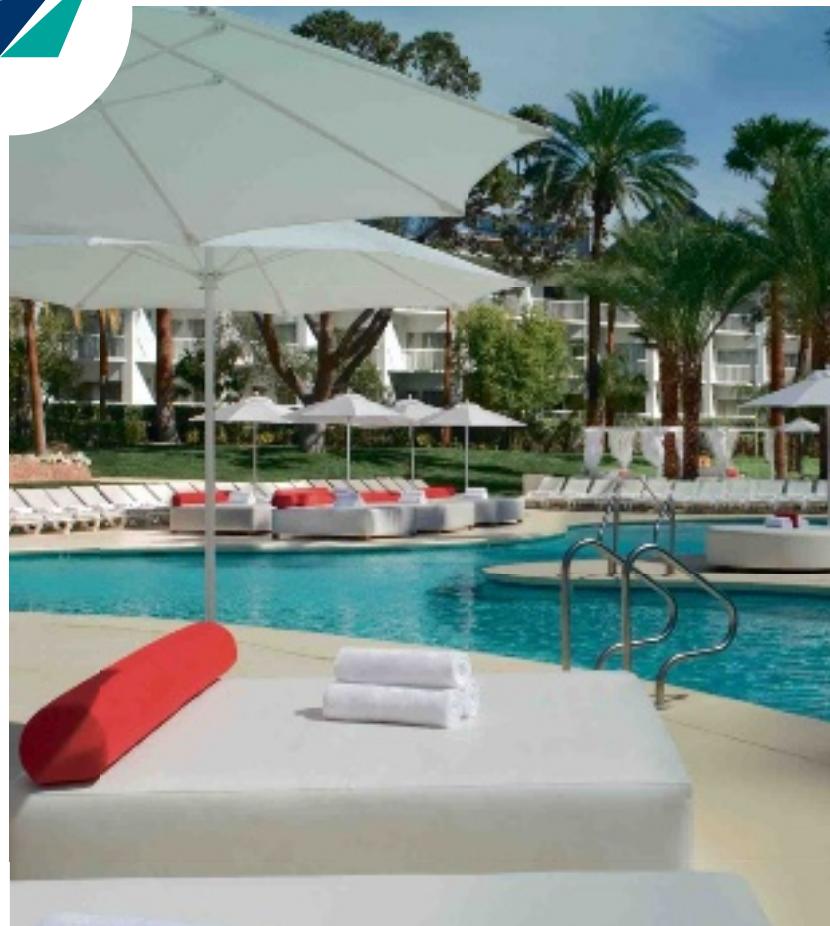
Esseghaier's speech came to a definitive end once he began talking about the Criminal Code protecting gay marriage, which he said did not occur between same-sex animals outside of humans.

"Donkey males marry only donkey females," he said, before Superior Court Judge John McMahon interrupted, leading to a tense moment in court.

"No!" Esseghaier shouted at the judge's interjection, causing two seated officers to rise to their feet to maintain order.

Earlier, Esseghaier, who has given off-topic speeches in previous court appearances, complained he was forced to show his "sex" to a guard who was conducting a weapons strip search. TORSTAR NEWS SERVICE

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# Bieber turns himself in to police in connection with assault charge

**Another run-in with the law?** Singer scheduled to be in court March 10

Justin Bieber has been charged in Toronto with one count of assault after police allege he hit a limousine driver several times in the back of the head.

Police officers escorted Justin Bieber through a frenzied throng of media and fans to reach the side door of a Toronto police station and surrender on Wednesday night, in connection with the alleged assault.

Reporters, cameras and hundreds of fans and bystanders were waiting outside Toronto Police Service's 52 Division headquarters when the 19-year-old singer emerged from a black SUV.

In December, police said they were looking into allegations that a member of Bieber's entourage assaulted a limo driver who was driving the pop star and several others in Toronto.

Police allege Bieber was one of six people who were picked up by a limousine from a nightclub in the early morning hours in late December, and there was an altercation while en route to a hotel.

Bieber turned himself in to police and spent about two hours in the station before slipping out a back exit.

About 50 fans, bundled up against the biting cold, greeted Bieber when he arrived at the police station. They screamed "Justin," as he was led inside the police station.

"He's done some bad stuff,

## Twitter

**"I ask people to be kind and hope for the best in people. Not assume the worst. Thanks."**

Bieber's manager, Scooter Braun, tweeted Wednesday night

but I forgive him," said Boubarac Diallo, 12.

"He just needs to think before he acts."

Others showed up for the possibility of a show.

"He should be charged, he's a wreck," said Peter Esper, 18. "He deserves to be punished. He's a bad name for the country."

Bieber's manager, Scooter Braun, tweeted Wednesday evening, asking people to "stop passing judgment on a situation u dont understand."

This will not be the Stratford-born singer's first run-in with the law.

Bieber was in police custody less than a week ago after he was arrested in Miami Beach in the early morning hours of Jan. 23.

Police alleged that Bieber had been drag racing in a yellow Lamborghini, and charged him with driving under the influence, resisting arrest and carrying an expired licence. His arraignment is set for Feb. 14.

That incident sparked a petition on the White House website calling on the U.S. government to deport Bieber. More than 138,000 people have signed it.

"He is not only threatening the safety of our people, but he is also a terrible influence on



Canadian musician Justin Bieber is swarmed by media and police officers as he turns himself in to city police in Toronto on Wednesday night.

NATHAN DENETTE/THE CANADIAN PRESS

our nation's youth," the petition states.

Because the petition has garnered more than 100,000 signatures, the White House must write an official reply.

Los Angeles police officers raided Bieber's California house on Jan. 14 and arrested one of his friends for drug possession after finding cocaine in the residence. Police swooped in after the house of Bieber's next-door-neighbour was egged, which apparently caused an estimated \$20,000 in damage to the building's ritzy exterior.

The pop star has been in the headlines for a number of outlandish incidents over the past couple years.

TORSTAR NEWS SERVICE/  
WITH FILES FROM THE CANADIAN PRESS

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# Second offensive Vitaminwater cap found

**Bad taste.** Albertan finds 'Ponder Retards' written inside lemonade Vitaminwater bottle cap

 **JEREMY NOLAIA**  
Metro in Calgary

Coca-Cola is facing heated criticism once again for hav-

ing the word retard printed on the bottle cap of a Vitaminwater container, only this time the "offensive" term surfaced in Calgary.

Thousands lashed out at the beverage giant in September when Metro first reported that Edmonton-based photographer Blake Loates had unscrewed a Vitaminwater cap to find the words "You Retard" printed on it. Making the matter worse

was that Loates' younger sister had been diagnosed with both cerebral palsy and autism.

On Tuesday, Calgary resident Braeden Rossell popped the lid on a lemonade Vitaminwater to find the words "Ponder Retards" written on the cap.

Coca-Cola has maintained the words were printed by a machine as part of a promotion to showcase Canada's multiculturalism by pairing an English

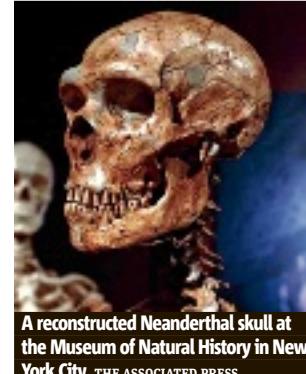
word with a French one on each bottle cap. The word "retard" in French implies lateness or a delay. The company maintained Wednesday it had destroyed any of the caps on Vitaminwater bottles yet to be sent after the Loates family lodged a complaint, but spokesperson Shannon Denny said Coca-Cola was always aware more unfortunate word combinations could surface.



This is the bottle cap on a Vitaminwater beverage container purchased by Calgary resident Braeden Rossell on Wednesday. BRAEDEN ROSELL

## I'm with stupid. Scientists find human DNA contains Neanderthal genetics

Next time you call someone a Neanderthal, better look in a mirror. Many of the genes that help determine most people's skin and hair are more Neanderthal than not, according to two new studies that look at the DNA fossils hidden in the modern human genome.



A reconstructed Neanderthal skull at the Museum of Natural History in New York City. THE ASSOCIATED PRESS

About 50,000 years ago, modern day humans migrated out of Africa north to Europe and East Asia and met up with furrow-browed Neanderthals that had been in the colder climates for more than 100,000 years. Some mated, and then the Neanderthals died off as a species.

Scientists isolated the parts of the modern human genetic blueprint that still contain Neanderthal remnants. Overall, it's barely more than one per cent, said two studies released Wednesday in the journals Nature and Science.

However, in some places, such as the DNA related to the skin, the genetic instructions are as much as 70 per cent Neanderthal and in other places there's virtually nothing from the species that's often portrayed as brutish cavemen.

The difference between where Neanderthal DNA is

plentiful and where it's absent may help scientists understand what in our genome "makes humans human," said University of Washington genome scientist Joshua Akey, lead author of the paper in Science.

Akey said one of the most interesting parts in comparing human and Neanderthal genomes is where we don't see any caveman influence, such as in areas connected to genes that determine speech and communication. This fits with theories that lack of communication skills hurt Neanderthals and speech ability was a distinctly human advantage, he said. THE ASSOCIATED PRESS

### Science

#### Researchers turn ordinary mice cells into stem cells

A simple lab treatment can turn ordinary cells from mice into stem cells, according to a surprising study that hints at a possible new way to grow tissue for treating illnesses like diabetes and Parkinson's disease.

Researchers in Boston and Japan exposed cells from spleens of newborn mice to a more acidic environment than they're used to. In lab

tests, that turned them into stem cells, showing enough versatility to produce the tissues of a mouse embryo, for example.

"It's very simple to do. I think you could do this actually in a college lab," said Dr. Charles Vacanti, an author of two papers published online Wednesday by the journal Nature.

Scientists hope that by making stem cells from the patient, they can get around the problem of transplant rejection.

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Liberal Leader Justin Trudeau speaks about the Senate and Liberal senators during an announcement in the foyer of the House of Commons Wednesday on Parliament Hill in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

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# Suddenly 'set free' Liberal senators test their freedom

**If it walks like a duck...** Former Liberal legislators say they will style themselves as the Liberal Senate caucus

Justin Trudeau handed out pink slips to Liberal senators Wednesday, kicking them out of the party's caucus.

The surprise move — announced moments after Trudeau personally informed all 32 of them that they are now "formerly Liberal senators" — is aimed at reducing par-

tisanship and restoring the Senate's intended role as an independent chamber of sober second thought.

"There are no more Liberal senators," Trudeau told a news conference on Parliament Hill immediately after leaving the senators to mull over the implications of his decision.

After the initial shock wore off, the senators emerged from a meeting declaring that they'd been "set free" and praising Trudeau for his bold move. They immediately used their new freedom to contradict Trudeau's assertion that they can no longer designate themselves as "Liberal" senators. And they went further off script by suggesting the move actually won't change much in the upper house.

The confusion allowed Stephen Harper to slough off Trudeau's challenge to follow the Liberal lead and similarly cut loose the 57 Conservative senators. "I gather the change announced by the leader today is that unelected Liberal senators will become unelected senators who happen to be Liberal," Harper scoffed.

NDP Leader Tom Mulcair noted that Trudeau voted against an NDP motion last October which called on both the Liberals and Conservatives to cut their senators loose.

THE CANADIAN PRESS

**"We have agreed that we will style ourselves as the Liberal Senate caucus."**

James Cowan, leader of the official Opposition in the Senate, pointing out that senators will remain Liberal party members and continue to be friends with elected Liberal MPs.

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A protester puts homemade steel plates on his chest as he prepares to leave the Agriculture Ministry in Kyiv, Ukraine, Wednesday. One group of protesters clashed with another Wednesday in a bid to free a government building in the centre of Kyiv, which they had seized. At least two protesters were injured. The Svoboda party, which represents more moderate protesters, tried to force members of the more militant Spilna Sprava group to vacate the Agriculture Ministry building as part of a compromise with the government. EFREM LUKATSKY/THE ASSOCIATED PRESS

# Ukraine thinks about amnesty with conditions

**Holdings.** Protesters have established a large tent camp in the main square of Kyiv, called the Maidan

Ukraine's parliament discussed an amnesty Wednesday for those arrested during weeks of protests in the crisis-torn country — but some of the possible conditions attached to it would be unacceptable to the opposition.

**Quoted**

**"They have set a number of conditions, and the key condition under the draft bill is to let the Maidan go and only afterwards all protesters will get an amnesty.... This is unacceptable for us."**

Opposition leader Arseniy Yatsenyuk

The amnesty bill is part of a series of concessions from embattled President Viktor Yanukovych, after a week of street clashes between police and protesters and protesters' seizure of government buildings in western Ukraine. The prime minister has resigned and harsh anti-protest laws have been recalled but those moves did not address the protesters' other key demands that Yanukovych resign and early elections be held.

Two amnesty proposals were up for a parliamentary vote Wednesday, one of which says amnesty would be granted only if demonstrators leave their massive street protests and vacate buildings they now occupy. Parliament was also discussing a political reform, sought by the opposition, which would strengthen the government at the expense of the presidency.

Opposition leader Arseniy Yatsenyuk said the protesters will not agree to leave the streets in exchange for an amnesty and wanted the condition dropped.

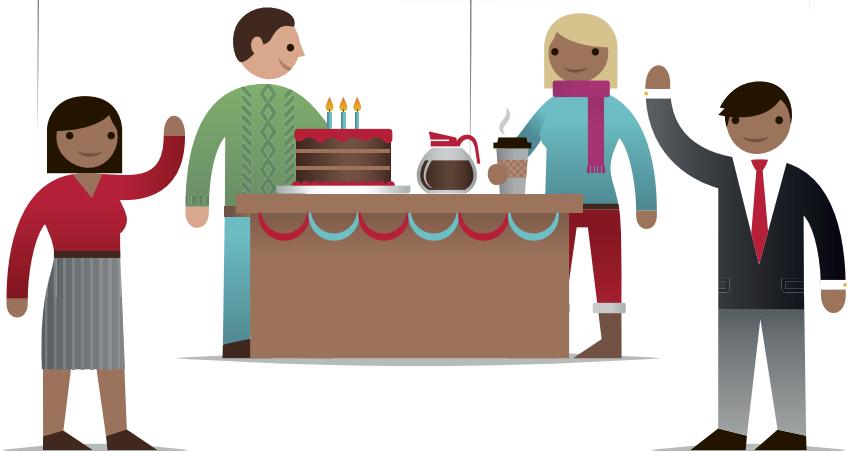
**At home**

## Calling on Canada

Ukrainian Canadians and opposition MPs are calling on the Harper Conservatives to impose sanctions on Ukraine's government in response to the ongoing crackdown on protests in that country. On Tuesday, Foreign Affairs Minister John Baird announced that senior Ukrainian officials would be barred from entering Canada. The move was in response to violent clashes between protesters and police in Ukraine. A few dozen people held a demonstration today in Ottawa in solidarity with the Ukrainian protests. They called on the Harper government to go further than symbolic measures, and impose economic sanctions against Ukraine's political class.

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# Flight of the monarch in jeopardy

**Mexico.** Report blames shrinking food supply, genetically modified crops as catalysts in migration drop

The stunning and little-understood annual migration of millions of monarch butterflies to spend the winter in Mexico is in danger of disappearing, experts said Wednesday, after numbers dropped to their lowest level since record-keeping began in 1993.

Their report blamed the displacement of the milkweed the species feeds on by genetically modified crops and urban sprawl in the United States, extreme weather trends and the dramatic reduction of the butterflies' habitat in Mexico due to illegal logging of the trees they depend on for shelter.

After steep and steady declines in the previous three years, the black-and-orange butterflies now cover only 0.67 hectares in the pine and fir for-

ests west of Mexico City, compared to 1.19 hectares last year, said the report released by the World Wildlife Fund, Mexico's Environment Department and the Natural Protected Areas Commission. They covered more than 18 hectares at their recorded peak in 1996.

Because the butterflies clump together by the thousands in trees, they are counted by the area they cover.

While the monarch is not in danger of extinction, the decline in their population now marks a statistical long-term trend and can no longer be seen as a combination of yearly or seasonal events, experts said.

The announcement followed on the heels of the 20th anniversary of the North American Free Trade Agreement, which saw the United States, Mexico and Canada sign environmental accords to protect migratory species such as the monarch. At the time, the butterfly was adopted as the symbol of trilateral co-operation.

"Twenty years after the signing of NAFTA, the monarch migration, the symbol of the three



Monarch butterflies gather on a tree near Angangueo, Mexico. The number of monarch butterflies wintering in Mexico has plunged to its lowest levels since studies began in 1993. KRISTEN LUCE/THE ASSOCIATED PRESS

countries' co-operation, is at serious risk of disappearing," said Omar Vidal, the World Wildlife Fund director in Mexico.

Lincoln Brower, a leading entomologist at Sweet Briar College in Virginia, wrote that "the migration is definitely proving to be an endangered biological phenomenon."

"The main culprit," he wrote

in an email, is now genetically modified "herbicide-resistant corn and soybean crops and herbicides in the USA," which "leads to the wholesale killing of the monarch's principal food plant, common milkweed."

While Mexico has made headway in reducing logging in the officially protected winter reserve, that alone cannot save the migration, wrote Karen

Oberhauser, a professor at the University of Minnesota.

She noted that studies indicate that the U.S. Midwest is where most of the butterflies migrate from.

Extreme weather — severe cold snaps, unusually heavy rains or droughts in all three countries — have also apparently played a role in the decline. THE ASSOCIATED PRESS

## A winter retreat

It's unclear what would happen to the monarchs if they no longer made their annual trek to Mexico, the world's biggest migration of monarch butterflies and second-largest insect migration globally, after a species of dragonfly in Africa.

- **Abundant bug.** There are monarchs in many parts of the world so they would not go extinct.
- **Cold facts.** The butterflies can apparently survive year-round in warmer climates, but populations in northern United States and Canada would have to find some place to spend the bitter winters.
- **Plan B?** While a smaller migration route to the California coast is on the decline, the monarchs now appear to be wintering along the U.S. Gulf Coast, experts say.

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# Top spy says Syrian terror group plans to attack U.S.

## The al-Nusra Front.

Foreigners reportedly being trained to return home and cause havoc

The Syrian militant group tied to al-Qaida, the al-Nusra Front, wants to attack the United States and is training a growing cadre of fighters from Europe, the Mideast and even the U.S., the top American intelligence official told Congress on Wednesday.

Director of National Intelligence James Clapper told the Senate Intelligence Committee that such al-Qaida groups in Syria have started camps "to train people to go back to their countries."

He said "al-Nusra Front, to name one .... does have aspirations for attacks on the homeland."

Clapper didn't elaborate or offer any evidence.

He said more established groups like Yemen's al-Qaida in the Arabian Peninsula are

## North Korea

### Nuke threats real: Report

North Korea has followed through on its threat to advance its nuclear-weapons program — expanding a uranium enrichment facility and restarting a reactor — James Clapper said Wednesday, while a research institute pointed to signs the country is preparing to launch bigger rockets.

THE ASSOCIATED PRESS

still more capable of carrying out attacks against the U.S., but described steep growth in numbers of fighters in Syria.

Clapper said out of an estimated 75,000 to 110,000 rebels battling the government in Syria, some 26,000 are extremists, and about 7,000 of them are foreigners.

THE ASSOCIATED PRESS



## Ensuring hard work pays off

U.S. President Barack Obama speaks about raising the minimum wage on Wednesday at a Costco in Lanham, Md., the day after his State of the Union address. Later, at a U.S. Steel Corp. plant outside Pittsburgh, Obama signed an order to create starter retirement accounts that could be opened with as little as \$25 — but acknowledged there's a limit to what he can do without congressional action. CHARLES DHARAPAK/THE ASSOCIATED PRESS

## East Asia

### Historical grudges derail UN debate

The tensions gripping East Asia flared Wednesday at a UN Security Council debate on war and peace.

China, along with North and South Korea, blamed Japan for the deepening animosity and lambasted Japanese Prime Minister Shinzo Abe's visit to a shrine where convicted World

War II criminals are buried. Japan insisted it has atoned for its past and rebuked its neighbours for raising their grievances in an open forum with envoys of more than 50 countries present.

An emerging consensus among diplomats was the need to reconcile conflicting historical narratives, which Jordan's ambassador said "can often lie in wait, like dry gunpowder, for a long time."

THE ASSOCIATED PRESS

## Egypt

### Canadian charged with links to terror

The family of an Egyptian-Canadian journalist imprisoned in Cairo issued an urgent appeal for Ottawa's help Wednesday, as they learned the man had been abruptly charged with being part of a terrorist group.

Mohamed Fahmy was among 20 employees of news broadcaster Al Jazeera

who were charged in what's believed to be the first time Egypt has referred journalists to trial for terrorism.

Fahmy was charged with using illegal equipment, broadcasting false news that endangered national security and being a member of the Muslim Brotherhood, a group Egypt's military-led government has branded a terrorist organization, his family said.

THE CANADIAN PRESS, WITH FILES  
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# Will nine be lucky number for Target?

**From the double ring to bulls-eye?** Despite missing the mark in Canada, the U.S. retailer is still aiming for success, opening nine new stores

Target plans on opening nine more stores in Canada this year.

The U.S.-based retailer said Wednesday it will open two locations in Mississauga, and one store each in Toronto, Ottawa and Barrie.

Stores will also be added in Edmonton, Victoria, Winnipeg and Candiac, Que.

Five of the locations will be in former Zellers locations, while the others will be newly constructed stores.

By the end of the year, Target said it will have a total of 133 locations in Canada.

The retailer has faced high expansion costs and



A worker installs an outdoor sign at a Target store in Nova Scotia last year. Nine more Target stores are set for Canada this year. ANDREW VAUGHAN/THE CANADIAN PRESS

disappointing sales since its highly anticipated arrival in Canada last year as shoppers complained about near-empty shelves and notably higher prices than at U.S. Target stores.

Last week, the retailer said it would offer some of its Canadian customers a year of free

credit monitoring after a massive security breach at its U.S. stores put confidential details into the hands of thieves.

Target emailed customers saying it believed their information may have been taken if they visited U.S. Target stores between Nov. 27 and Dec. 15.

THE CANADIAN PRESS



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## Use your phone ... to track your phone addiction

This screenshot from Menthal, an app created at the University of Bonn in Germany, shows smartphone-usage figures. Psychologist Christian Montag, who worked on the project, hopes that by measuring how much time people spend on their smartphones the app will help researchers identify and deal with addiction. "This is a live discussion and this will provide data. We are seeking patterns in areas such as tolerance development and withdrawal," he says. CONTRIBUTED/METRO WORLD NEWS

## Sears. Struggling retailer cuts 624 workers

Sears Canada Inc. has announced a round of layoffs for the second time this month, eliminating 624 workers.

The struggling company said Wednesday most of the reductions will be in middle management at Sears department stores, affecting an average of five employees per location, Sears Canada said in a release.

The company also said it will rework its regional and head office structure to reflect the latest changes and to align it with the smaller business.

Two weeks ago Sears Canada said about 1,600 positions would be affected as it moved ahead with plans to shutter its three Canadian call centres and reduce staff at its warehouses.

The retailer is trying to reduce costs and improve its overall business as part of a three-year turnaround plan. THE CANADIAN PRESS

### Cheers!

Nova Scotians can get their beer to go at brewpubs

People in Nova Scotia can now buy beer made in-house at brewpubs to take home. THE CANADIAN PRESS

### BMO's prediction

Auto sales to lightly step on brakes

A Bank of Montreal economist predicts auto sales will slide to 1.71 million units this year from 1.78 million in 2013. THE CANADIAN PRESS

### Market Minute

DOLLAR 89.46¢ (-0.18¢)

TSX 13,643.22 (-44.44)

OIL \$97.36 US (-\$0.05)

GOLD \$1,262.20 US (+\$11.40)

Natural gas: \$5.46 US (+\$0.57)  
Dow Jones: 15,738.79 (-189.77)

## Chirping back. Angry Birds creator speaks out amid hacking, spying reports

Angry Birds creator Rovio Entertainment Ltd. says the popular game's home pages have been hacked, two days after reports that the personal data of its customers might have been accessed by U.S. and British spy agencies.

Rovio spokeswoman says the hacking lasted a few minutes early Wednesday and that end-user data "was in no risk at any point."

The hacking came after documents leaked by former National Security Agency

contractor Edward Snowden suggested that the NSA and Britain's GCHQ had been able to extract information through a host of smartphone apps across the globe, including the Angry Birds game franchise.

Rovio has denied the claims, saying it does not "share data, collaborate or collude" with any spy agencies and that it would re-evaluate third-party advertising networks.

THE ASSOCIATED PRESS

## Strained relations. 'Greek' yogurt wars between Fage, Chobani hit latest sour note

It's not all Greek to yogurt makers.

A British court has ruled that Chobani, the company leading the burgeoning Greek yogurt market in the U.S., cannot label its products "Greek" in the U.K. because they are made in America.

Chobani said Wednesday it was disappointed with the rul-

ing, but added that "the fight is not over" and it would continue the legal battle. The court case was brought by Chobani's rival Fage, a Greek company, soon after New York-based Chobani launched their products in the U.K. in 2012. Fage has dominated sales of Greek yogurt in Britain under the "Total" brand for decades. THE ASSOCIATED PRESS

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# A BRIEF HISTORY OF TOUCHDOWNS

It's time for the Super Bowl, the most-watched sporting event in North America and the only reason school children still learn Roman numerals.

Super Bowl XLVIII (or 18 1/2) is coming up this Sunday and it promises to be an exciting match.

The Denver Broncos have a 15-3 record and the league's top offence, but the Seattle Seahawks have a 15-3 record and the league's top defence, so both teams will likely stay in a zero-zero deadlock for hours, parrying every move with a perfectly mirrored countermove just like when superheroes fight their doppelgängers in movies.

We know all about the Big Game, but have you ever wondered how it got this way? No? Then don't read this History of the Super Bowl.

**1966:** PepsiCo and Kraft Foods create the Super Bowl as a way to sell more food and drink during the slow winter months. Advertisers create an elaborate backstory detailing the "history of American football" that, amusingly, many still believe.



**HE SAYS**  
**John Mazerolle**  
metronews.ca

**1967:** Super Bowl I is held in front of 4,000 screaming fans. Back then the ball weighed 25 pounds, helmets were made of papier-mâché, and no touching was allowed.

**1968:** Vince Lombardi coaches and wins his last big championship in Super Bowl II, just moments before he is killed in a tragic Gatorade-dumping accident.

**1971:** Quarterback Joe Namath is given official status as the Default Football Answer for Trivial Pursuit Players Who Know Nothing About Football, a title he will not relinquish until the rise of Joe Montana.

**1972:** The Miami Dolphins have a perfect season, making them the only 53 people alive with the right to cast the first stone.

**1976:** Half-time act University of Arizona Marching Band has a mass wardrobe malfunction, with nipples visible all over the place. The fiasco happens in the days before DVR, however, so viewers just say, "Did you see that?" and leave it there.

**1986:** William "The Refrigerator" Perry becomes the heaviest man to ever score a Super Bowl touchdown. His feat is less surprising

when one realizes his background as a member of a daring, highly trained special-missions force whose purpose was to defend human freedom against Cobra, a ruthless, terrorist organization determined to rule the world.

**1987:** After a strike-shortened series, the Washington Redskins win the Super Bowl when running back John Riggins is the last man standing in an 858-man Royal Rumble.

**1991:** Reflecting musical trends of the day, frequent half-time performer Up With People is replaced for the first time by Down With Everything.

**2008:** The New England Patriots lose their first game of the season in the Super Bowl, sending a deluge of "Perfect Season" T-shirts to small villages in South America.

**2013:** For legal reasons, the half-time show is a lecture by U.S. Surgeon General Boris Lushniak on the dangers of traumatic brain injury.

What might happen this year? Who knows? But one thing is for certain: It's one of the best times of the year to "work" in journalism because between the game, the half-time show, the parties and the commercials, it's the one date when four non-stories (four!) fill the news cycle simultaneously. Touchdown!

## ZOOM

### Up Helly Aa!: Fire in the Shetlands



ALL IMAGES: JEFF J MITCHELL/GETTY IMAGES

#### Don'tcha wanna know why they keep starting fires?

Thousands of latter-day Viking warriors have descended on Scotland's Shetland Islands to celebrate Up Helly Aa, the largest fire festival in Europe.

Held on the last Tuesday of January, the fiery event sees a replica Viking longboat being hauled through the streets of Lerwick to the edge of town



The origins of the event come from the early 1800s, when, following the Napoleonic Wars, Lerwick was the home of many returning soldiers and sailors, who were keen on burning things to celebrate.

where up to 1,000 paraders (known as the Jarl Squad)

throw their flaming torches into the galley. **METRO**



The Guizer Jarl, the leader of the squad of hairy, hardy Viking "guizers," walks along the town streets.

**Clickbait**  
**HANNAH ZITNER**  
hannah.zitner@metronews.ca

Though there's no shortage of music players or streaming services online, there's still just nothing that rivals the selection of good ol' YouTube. But if annoying ads, senseless playlists and clunky searching keeps you from tuning into YouTube's mega library, Chrome has come to the rescue. Still in beta, Streamus is a new extension that lets users stream from YouTube without ever having to actually go to YouTube.com. Here's how it works:

**1:** Once you've downloaded Streamus from the Chrome Web Store, type Streamus, then TAB, into Chrome's search bar followed by the song you want to hear.

**2:** Click the S icon on the right of your

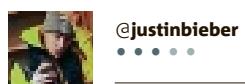
browser to add songs and create playlists (don't need a Google/YouTube account!).

**3:** Once you've heard all your jams, enable the radio by clicking the Wi-Fi-looking icon at the bottom of the playlist.



#### Twitter

##### A petition to deport



@justinbieber

spoiled rich kid?

**@WillyRBeek** they can do whatever they want, just so long as they don't send him back here!

**@AEphotoWPG** The US doesn't want him, Canada doesn't want him back. Somalia, perhaps? Beirut?

**@justDarylD** We'll take him back if they take Rob Ford

**@Kossovan** Sure! It would make all the Canadian Beliebers happy. Think of the income tax added to our government'scoffer! #JustinBieber

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Andrew Makus and his Cupid-Gram costume. HANDOUT

# Everyday is Halloween

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BACKSTAGE PASS  
Jen Traplin  
ottawa@metronews.ca

For as long as he can remember, father of two Andrew Makus has always been the guy dressed in a costume for the holidays.

"I've been getting dressed in costumes for a long time now because of my kids and,

even before then, for my niece and nephew. I would dress up every year as Santa and, even for Halloween, I would dress up in costumes and scare the kids when they would come trick-or-treating," Makus explains.

Now, he's turning that hobby into a business — Ottawa Boy Entertainment and Creations, offering seasonal telegrams.

"To do this for a wider community is a no-brainer for me," he says.

Makus launched his business in October, just a few weeks before Halloween. The first service he started offering is something he calls Scare-O-Grams. For \$40, he would dress in a ghoulish

costume and scare the pants off of his customers' friends and family members.

After Halloween, Makus turned his attention to Christmas. He headed to the ByWard Market to hand out candy canes dressed like Santa to promote his Santa-Gram service.

That led to numerous bookings. Over the holidays, Makus was hired to dress like Santa, sing Christmas songs with kids, have pictures taken and read Christmas stories at various events.

"All through Christmas, I was driving — even in daylight — dressed as Santa. People would do double takes in their mirror or honk and wave," he says.

## Online

To book your Cupid-Gram, go to ottawaboy-entertainment.wordpress.com



come true for Makus, although he admits he has encountered the odd awkward moment and naughty boys and girls trying to sneak presents from Santa's sack.

Now, with Valentine's Day approaching, Makus is getting set to don his new Cupid-Gram costume, a spiffy suit with hearts and wings, to deliver chocolates and roses to lovers looking for something a little different.

"I think it's a bit more unique if you have someone dressed up in a costume and delivering something to this person and maybe singing a wacky song with a ukulele. It's funny but it's also unique."

# visit [metronews.ca](http://metronews.ca)

# Director weaves comic book storylines with harsh realities



Rhymes for Young Ghouls is Jeff Barnaby's first feature film. It opens on Friday in Toronto. CONTRIBUTED

**Real life villains.** A Mi'kmaq teen in the residential school system takes revenge in Jeff Barnaby's *Rhymes for Young Ghouls*

 **RICHARD CROUSE**  
scene@metronews.ca

Writing in the Toronto International Film Festival program book, Steve Gravestock said *Rhymes for Young Ghouls* plays, "as if an S.E. Hinton novel were re-imagined as a righteously furious, surreal thriller."

The self-assured debut feature from director Jeff Barnaby is the story of Aila (Devery Jacobs), a Mi'kmaq teen who is guided by the spirits of her departed mother and brother to exact revenge against a vicious Indian Agent named Popper after she is thrown into the reserve's residential school.

"I think the idea behind what we were doing was to show the enormity of what went on," says Barnaby. "You do want to shock people but not with the content of the film but with the idea that the content of the film actually happened. Most of the re-

views have been astoundingly positive but the couple of bad ones that we've gotten have complained about the Popper role, and how over the top it is and how he is like this moustache twisting villain, but if you know the history, these guys had to have existed.

"I suppose you could be polite about saying, 'You can't leave the reserve and you can't go find work and you have to live in this poverty, and by the way, you have to give us your kids.' I'm sure there was an Indian Agent or truant officer somewhere who was really cool about it but at the end of the day these are the acts of evil men."

It's a pop culture savvy movie; a work Barnaby calls "a cinephile's film." A pop culture sponge himself, he says years of influences came together in the making of *Rhymes for Young Ghouls*.

"I grew up being saturated in everything, comic books, books," he says. "My stepmom was going to university at the time so she was bringing home all these great books, like Eng-

lish poetry, T.S. Eliot and Robert Frost, so I began to appreciate art at a very early age."

Near the top of the influence list are Batman and Conan the Barbarian.

"They are both anti-heroes but they share this idea of not being above physical violence in order to rectify a situation," he says. "They both lost their parents, they're both vigilantes particularly with Conan we follow the storyline of the first Schwarzenegger movie—a religious cult comes along and destroys his family and he goes searching for them and destroys the cult. That is more or less the model we used for *Rhymes* although very loosely, in the way Scorsese says he used *The Searchers* for *Taxi Driver*."

He also cites Scott Hampton's *The Upturned Stone*, Dashiell Hammett's *Red Harvest* and Chuck Palahniuk's *Fight Club* but adds the influences go "through all these filters and by the time it hits the screen what you are trying to emulate has turned into something completely different."

## Quoted

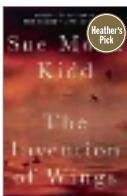
**"You do want to shock people but not with the content of the film but with the idea that the content of the film actually happened."**

Jeff Barnaby, director of *Rhymes for Young Ghouls*

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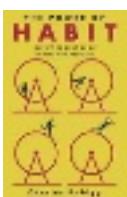
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## 1. THE INVENTION OF WINGS Sue Monk Kidd

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Weeks on List: 4



## 2. THE POWER OF HABIT Charles Duhigg

In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist, and how this new science can transform our lives.

Weeks on List: 4

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★ 20. ALL JOY AND NO FUN Jennifer Senior	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending February 3<sup>rd</sup>

★ New this week

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# Winslet's roles all labours of love

**Labor Day.** Actress and mother of three has a knack for making brokenness and vulnerability sensual

Before a reporter has barely entered the room, Kate Winslet has defused any formality. After shedding her heels, she announces her exasperation about actors (especially herself) talking about themselves.

"Don't you find yourself nodding off and going, 'Here they go again?'" she asks. "I know that I love my job. I (expletive) hate talking about how much I love my job because how can you talk about that without sounding really indulgent?"

She may be a regular honoree at awards shows and a constant presence in prestigious projects from *Sense and Sensibility* to *The Reader*. But Winslet, who grew up in a large, working-class family



Kate Winslet stars in *Labor Day*, which opens Friday. CONTRIBUTED

outside London, has an uncommon candour and easy uninhibitedness that has made her both an engagingly down-to-earth personality and a naturalistic actress with quick access to deep

emotions.

Winslet was seven-months pregnant at an interview last September at the Toronto International Film Festival, where she debuted *Labor Day*, a Jason Reitman-directed

drama opening in theatres Friday. In December, she gave birth to a boy, her third child and first with her third husband, Ned Rocknroll, the nephew of billionaire Richard Branson. (Winslet has a child with each previous husband, Sam Mendes and Jim Threapleton.)

Parenthood was a particularly obvious conversation subject for Winslet, not just because she was pregnant at the time, but because she has recently strung together a series of memorable, varied portraits of motherhood. It's no coincidence, she says.

"I have been a parent since I was 25," says the 38-year-old Winslet. "That's a large chunk of my adult life. Mother or father, it transforms you completely."

In *Labor Day*, based on the Joyce Maynard novel, she plays a single mom, Adele, with a 13-year-old son (Gatlin Griffith) in a small New England town. An escaped convict (Josh Brolin) upends their domestic life when he kidnaps them and hides out at their house. But it's not terror that follows: The convict is a gentle, welcome presence in a home that has lacked for a man. Left by her husband after several miscarriages, Adele had turned into a virtual shut-in, but is slowly awoken again by an unlikely love.

It's a clear career pivot toward drama for Reitman. But he also sees a commonality in a tale of a kind-hearted convict following films about a big-tobacco lobbyist (*Thank You for Smoking*), a pregnant teenager (*Juno*) and a guy who fires people for a living (*Up in the Air*). "These apparently are

## Mum's the word

As a mother of three, Winslet is no stranger to playing mom. But she's also tackled plenty of complex matriarchal roles. Here's a few.

- **Little Children** (2006). Winslet plays an unhappy stay-at-home suburban mom drawn to a neighbourhood father.
- **Revolutionary Road** (2008). She struggles as an expectant mother in a loveless marriage.
- **Mildred Pierce** (HBO miniseries 2011). Winslet is a divorced single mom trying to open a restaurant business in the Depression era.

when I was going through my divorce with Sam. Anyone who's been through divorce will know that every day is really hard. There were days on *Mildred* where I would just think, 'I actually don't know how I'm going to get through this day.' Somehow, I think, because the character I was playing was actually my life, it was almost like therapy."

Winslet's acting, though, has been fueled by being an outlet from her more humble day-to-day life.

"As an adult and a parent, when I'm not acting, I'm not acting," says Winslet. "I'm being a parent and I'm on the school run and I'm sewing labels onto socks. That's what I'm doing. So when I do it, it's just such a treat. It's such a privilege and such a pleasure. It's almost like my time. It's the one thing I do that's marked for me."

For her previous children, Winslet largely cleared out her schedule entirely, deciding when to dive back to work after birth. Now, though, she says she has to carefully plan every film far in advance, scheduling around her kids. Also, the *Titanic* star adds, "I can't leave it perhaps as much to chance as I was able to in my 20s when I was, I think, much louder and exploding in so many ways."

She has several films upcoming, including the anticipated young-adult dystopian adventure *Divergent* (she plays the villain) and the Alan Rickman-directed *A Little Chaos*, about a pair of landscape gardeners who compete to create a fountain at Versailles. With family life making her particularly selective, she says she's especially motivated to avoid anything "workaday": "I never want to have that feeling," she says.

"For me, the stakes get higher because I do so little," says Winslet. "I do absolutely want to feel absolutely stretched and pulled and chewed and spat out and trodden on — all of those things. It's my big burst of creativity and I want to be able to make the most of those moments."

THE ASSOCIATED PRESS

## Quoted

"There are a lot of actresses who can play broken people, but she does it without judging them. She does them and allows them to bloom at the same time."

Director Jason Reitman on Kate Winslet's ability to play complex characters



Madonna ALL PHOTOS GETTY IMAGES

## Make way, yet again, for Madonna

Madonna's not done with her recent string of public appearances — she also has signed on to introduce members of Pussy Riot at Amnesty International's human rights concert in New York. The pop singer made the announcement Wednesday morning on social media. She's been busy of late, appearing on Sunday's Grammy Awards with Macklemore & THE ASSOCIATED PRESS

Ryan Lewis and singing with Miley Cyrus during an MTV Unplugged taping Tuesday. Madonna says in a statement that she admires Maria Alyokhina and Nadezhda Tolokonnikova. They were recently released after nearly two years in jail following a conviction for hooliganism when they staged a protest in a Russian church.

THE ASSOCIATED PRESS

## The curious ask George

George Clooney indulged fans in a raucous Reddit AMA ("ask me anything") session, and some of his answers were quite revealing — if not entirely serious — especially when it came to good pal Sandra Bullock, who is "an incredibly charming woman who's really just fun to hang out with. Very smart and centered, even though she does drink a lot," he wrote. "It's tricky because Sandy drinks so much that oftentimes it's just hard to keep her upright." Also worth clearing up? The idea that



Clooney has "lonely eyes," which he disputes — sort of. "I actually have only one lonely eye. The other eye's got nothing but friends," he replied.

George Clooney

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



***Grant, in the case of many babies, Hugh are the father!***

Hugh Grant is creating quite the army of heirs. It's already been reported that the Love Actually star fathered two children, one in 2011 and one in 2012, with a secret girlfriend, but now sources claim he had another child

in 2012 by another woman, according to the Sun. Grant's identity as the father of Swedish TV producer Anna Eberstein's child was kept secret until December, when the one-year-old boy's birth certificate was re-registered with Grant's name on it. "Anna is being supported by Hugh all the way," a source says. "She lives in a very comfortable property and knows that Hugh is there for her. Anna's parents in Sweden know all about the relationship and she has their blessing."

Twitter



@ricky\_martin

My friend, it's all about learning, it's all about growing. Don't stop.



@lindsaylohan

snow adventures!



@Mruff221

My 8 Yr old's response to Presidents plan: fight Climate Change, push more Fossil Fuel Extraction,"that doesn't sound very smart."



Grab the no-name tea and crumpets this time



Queen Elizabeth II

It looks like Buckingham Palace is facing a financial crisis of its own. According to a report by the Commons Public Accounts Committee, Queen Elizabeth II and the rest of the royal family are "spending above their means and dipping into the reserves. The balance now stands at an all-time low." So naturally some cost-cutting measures are being considered. "The Queen is always looking for ways to cut back," CNN's Victoria Arbiter says. "I think they are going to have to look at ways they can get creative in that way, whether that is opening up more palaces or more private rooms or more areas that have not been open to the public before."

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# Stock style is on the rise



As the star of *The Wolf of Wall Street*, Leo gave us a look into the rich man's closet. CONTRIBUTED

**Man à la mode.** In homage to infamous banker Jordan Belfort, we've put together the '90s cut. It's time to take a gamble in the broker's best.

RICHARD PECKETT  
Metro World News



Alden

leather penny loafers, \$829, brownsfashion.com



Ben Sherman

paisley tie, \$70, bensherman.com

**Paul Smith London**

Kensington slim-fit pinstripe suit, \$1,690, mrporter.com



Nixon

The Spur, \$300, nixon.com

Trends Report

Valentine's 2015 is going to be a special day for many of you — that's the release date for the *Fifty Shades of Grey* movie! Even if you're not a fan of the erotic novels, grey-toned fashion and accessories are expected to be a huge trend this spring. Go online to Trends Report and see how you can look sexy in many shades of grey.



- Online. Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

## Canadian street style

Spotted in: Vancouver

Name: Anna Kosturova

Age: 45

Occupation: Clothing designer

What she's wearing: Scarf by Isabel Marant for H&M, coat from Aritzia, shoes and bag from All Saints, jeans from GAP, shirt from Joe



Fresh, sunglasses from H&M.

Her inspiration: "Classic with a twist of rock 'n' roll"

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life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



Feet up+toes ready! Prepping for tomorrow's "shoe shoot" + getting excited about my cool new collection this spring.



Gonna miss my girl! My @Chanel Brick Bear is going off to @DesignExchange for #ThisIsNotAToy curated by @Pharrell

# Add a splash of colour

It's time to inject some fresh hues and patterns into our homes, and there's no better opportunity to do it than while we wait for spring to arrive. So start waking up that tired, neutral decor scheme with shades ranging from strong to muted. These product picks, reminiscent of mid-century modern style, are pops of colour that can suit both modern and traditional interiors.



DESIGN  
CENTRE  
Karl Lohnes  
home@metronews.ca



This sofa by designer Bethan Gray creates womb-like curves that offer a plush, padded welcome with a late 1950's vibe. The springtime blue, linen-like fabric is also stain resistant. Pennie sofa, \$1,260, crateandbarrel.com.



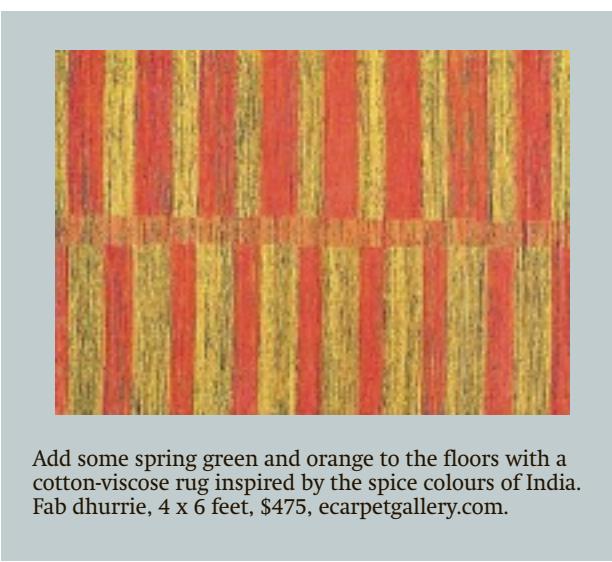
Sagaform's oversized coffee cups and saucers add a variety of colours to your dining table. Mix and match with the dish line to create a casual table service. POP coffee cup with saucer, \$18, eq3.com.



Owls still dominate the animal-decor kingdom and are the who's-who on this embroidered cotton pillow. Owl on Branch toss cushion, \$32, Urban Barn.



Shower with the world's largest paint chips in a retro mono-chrome scheme. Shades Of Blue shower curtain, \$20, simons.ca.



Add some spring green and orange to the floors with a cotton-viscose rug inspired by the spice colours of India. Fab dhurrie, 4 x 6 feet, \$475, ecarpetgallery.com.



Add the year's hottest shade to your bathroom and show guests you're on top of the colour trends — even if it's just in a washcloth. Lacoste Croc Wash berry washcloth, \$13.50, thebay.com.

## Capsule collection

### A China-Scandi mashup? That's Ikea's Trendig

On Feb. 1, Ikea launches Trendig, the first in a number of limited collections consisting of around 30 products with a focus on dining and eating. The result is a fusion of

Chinese culture and Scandinavian

design — a collaboration between designers and technicians from both countries. The main features of the Trendig limited collection products are the colours and patterns. Two shades of red (one on the orange side) and two shades of green dominate the collection, and are mixed with natural blonde materials. **METRO**

Trendig box with lid, set of three, \$16.99.



Left, Trendig powder coated steel cabinet in a light green with red handles, \$249. Middle, cotton fabrics in the Trendig collection are \$19.99 per metre. Right, assorted dishes from the collection. ALL PHOTOS IKEA



Below, Trendig occasional table in clear lacquered birch and steel, \$99.

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CONTRIBUTED

## URBANDALE'S APPROACH FOR BETTER FOUNDATIONS

A basement is often an overlooked aspect when one is looking to purchase a home. Typically, basements are seen as a utility space — the cold, dark dingy area under the home where items such as the boiler, water heater, breaker panel or fuse box are located.

Urbandale Construction is changing the way homeowners think about their basements. With the addition of Urbandale's newest technologies, basements are not just the space underneath your home — they are more of your home.

With more than 30 years experience building quality homes in the Nation's Capital, Urbandale Construction's philosophy is that energy efficiency is the result of building high-quality homes with superior technologies and designs. Industry awards and recognition give you confidence when purchasing your home from Urbandale Construction.

Several aspects set Urbandale Construction apart from other builders. One of the biggest differences comes with the added insulation under the concrete slab and the use of Urbandale's Proud Foundations™. This approach creates warmer and drier basements, changing the way homeowners live by creating more usable living space in their homes.

"What we've done is moved the insulation from the interior of the foundation to the exterior" says Matthew Sachs, general manager of Urbandale Construction. "This keeps the foundation from freezing, which has a number of benefits, including eliminating the

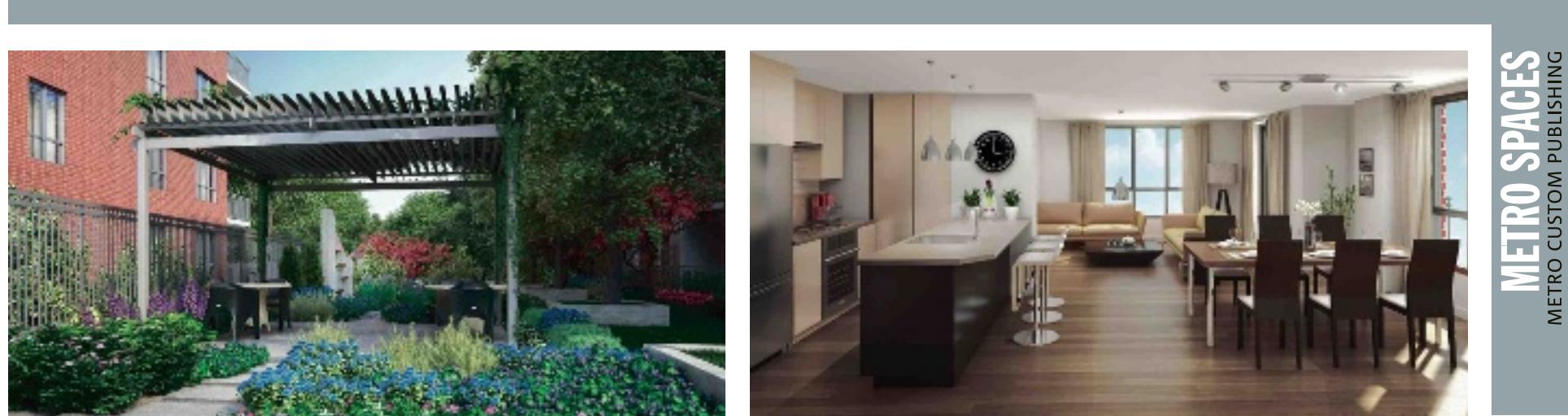
chance of moisture problems due to condensation, and reducing the chance of foundation cracks."

All Canadian homes experience condensation in the walls throughout the year. With most homes, the condensation will evaporate without any lasting issues, however, during extreme weather conditions, condensation buildup can lead to mould, which can be serious.

"A poured concrete foundation holds literally thousands of litres of water and can take up to a year to fully dry out," Sachs says. "During the first year it is critical to ensure that condensation doesn't build up inside the wall assembly, and with our Proud Foundations™ the conditions are never there for condensation to occur."

In the harsh Canadian winters, concrete foundations are subject to repeated freeze-thaw cycles. Cracks in foundations can occur when the concrete freezes and water turns into ice and expands, putting extra pressure on the concrete, which can rip from inside out. "If the concrete is never allowed to freeze, then this process cannot occur, which significantly reduces the chance of foundation cracks."

With rising land costs, homeowners are trying to get more from their homes, and with Urbandale Construction's Proud Foundations™ and extra insulation, your basement will be comfortable and warm all year round, giving you more room to play.



# SUMMERHILL IS IN THE HEART OF IT ALL

Samcon, one of Montreal's most prestigious builders and developers, along with the Bennett Property Shop Realty, one of Ottawa's premier boutique brokerages, is unveiling its newest project in Ottawa — the Summerhill. This is a one-of-a-kind opportunity for anyone looking to buy in the Dow's Lake neighbourhood.

Summerhill is a two-phase development located only steps from one of Ottawa's hottest neighbourhoods, Little Italy, and minutes from the always desirable neighbourhoods of the Glebe and Dow's Lake. Phase 1 is a boutique building, which consists of six storeys and only 39 suites. Unlike highrise condominiums, Summerhill is quaint and intimate, providing you with the opportunity to meet your neighbours. You will immediately fall for the charm of this unique signature building.

Take one look at these stylish modern condos and you will be immediately impressed with the exceptional level of care invested in this building. Each condo has been designed with two distinct colour palettes, which are organic in nature and provide a seamless flow, creating a holistic sense of pleasure, serenity and sophistication.

At Summerhill, your space doesn't end within the four walls — each unit has a large outdoor terrace, roughly 100 square feet, offering spectacular views of Dow's Lake and the city.

Summerhill is truly in the heart of it all. Minutes from downtown, this ideally located building is only steps away from transit, Highway 417, speciality shops, world-class restaurants and comedy clubs.

Summerhill offers a wide variety of pricing and floor plans. One bedroom suites with 626 square feet start at only \$289,700.

The penthouse collection is one of a kind. Starting at \$593,700 for 1,229 square feet, these units offer spectacular views of the city, large terraces and spacious living areas. New floor plans have also just been released. Come and see the spacious one bedroom plus den. There are only five of these popular suites left for purchase.

Stop by the Summerhill sales office to take advantage of the VIP pricing, and choose from one of the 32 remaining luxury suites. Or call Bennett Property Shop Realty, which is the exclusive condo sales team, at 613-233-8606. Its office is located at 190 Lisgar St. You are welcome to make an appointment to view the scale model and finishes or visit anytime online at [summerhildowslake.com](http://summerhildowslake.com).

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DOWS LAKE

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# Your very own Super Bowl rings — well, kind of

## FLASH FOOD

From your pantry to your table in 30 minutes or less

“Compared to fries, when hand-dipped and made to order, onion rings are difficult for a restaurant to manage well,” writes David Ort in *The Canadian Craft Beer Cookbook*. “I’ll be honest that these aren’t an everyday recipe for me, but if you’re going to indulge, make sure you do it right.”

“Surrounding hot slices of onion, the banana, orange and clove flavours in the witbier will brighten and concentrate. I use red onion for this recipe because I’m a bit of an oddball. Spanish onions are more traditional and are a good choice if you can’t find a big enough (noticeably larger than your fist) red onion.”

1. Lay out two cookie sheets and place a wire rack on each. This rig will work both for letting excess batter drip away and to cool the rings once they come out of the hot oil.

2. Set a Dutch oven over medium heat and fill with 2 inches (5 cm) of oil. Heat the oil to 375 F (190 C).

3. Pour the cold beer into a medium mixing bowl. Use a fine-mesh strainer to sift the flours into the beer. Add baking powder and salt, and mix to combine, but be careful not to overmix. Put slices of onion in

**PREP**  
15 MINUTES  
**COOKING**  
5 MINUTES  
PER BATCH



This recipe serves four to six. PHOTOS ROBIN SHARPE, FROM THE CANADIAN CRAFT BEER COOKBOOK (WHITECAP BOOKS)

a resealable bag or lidded container with the 2 tablespoons (30 ml) of rice flour and shake to coat the onion lightly.

4. Use tongs or chopsticks to transfer onion pieces from

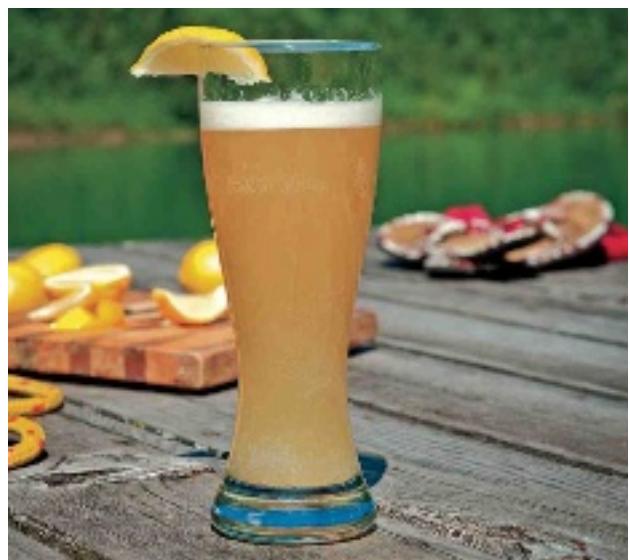
flour to batter and then to the racks set over the cookie sheets, where excess batter can drop off.

5. Carefully transfer the battered rings to the hot oil and

continue to monitor the oil’s temperature. Work in batches that are small enough to not crowd the pan. Cook for 2 to 3 minutes a side or until rings are deep golden brown. Hold cooked rings on a clean wire

rack while you fry subsequent batches. Season the rings with fine sea salt immediately after they come out of the hot oil.

**RECIPES EXCERPTED FROM THE CANADIAN CRAFT BEER COOKBOOK (WHITECAP BOOKS) BY DAVID ORT**



Dreaming of warmer days? This beer, which serves one, is reminiscent of summer.

## Drink. Radler

“This cocktail comes with an amusing back story,” writes David Ort in *The Canadian Craft Beer Cookbook*. “In 1922 the owner of a country pub outside of Munich is overrun with a crowd of ‘bikers’ so large that he worries he’ll run out of pilsner. Thinking quickly, he cuts the beer with sparkling lemonade and everyone goes home happy.”

“Great yarn, but the drink was probably invented by 1912 and ‘radler’ is German for cyclist. Some sources allow the use of lemon-lime soda like 7UP or Sprite, but I really think it pays to find a sparkling lemonade that isn’t quite as sweet. Mak-

ing your own sparkling lemonade is also a great excuse to use that seltzer maker you bought years ago and haven’t used since the novelty wore off.”

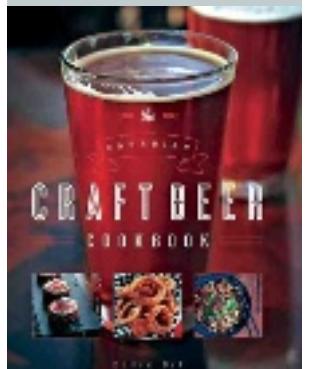
1. Chill both the lemonade and beer very well. Combine in equal proportions and serve in large mugs or tall glasses. Garnish with a lemon wedge.

### Ingredients

- 2 cups (500 ml) sparkling lemonade
- 2 cups (500 ml) pilsner
- lemon wedge, for garnish

### Cookbook of the Week

You love to drink it, now cook with it



Craft beer has soared in popularity and now David Ort offers an introduction to it and a broad range of recipes that use craft beer as an ingredient.

The Canadian Craft Beer Cookbook includes starters and snacks, noodle and rice dishes, seafood, meat and poultry; and even beer cocktails, sweets and desserts.

Each recipe includes a recommendation for a specific Canadian craft beer as the beer ingredient.

Among the recipes are: Tabbouleh, Clam Chowder, Jerk Chicken, Lamb Shank, Brownies, Rice Pudding and more. METRO

### Ingredients

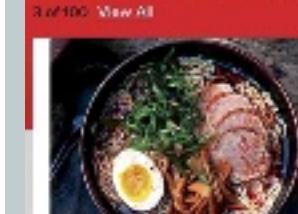
- 5 cups (1.25 l) peanut or rice bran oil
- 1 cup (250 ml) witbier, cold
- 2 oz (60 g) all-purpose flour (about 1/2 cup/125 ml)
- 2 oz (60 g) rice flour (about 1/4 cup/80 ml) plus 2 tbsp (30 ml) for dusting rings
- 1/2 tsp (2.5 ml) baking powder
- 1/4 tsp (1 ml) fine sea salt
- 1 large red onion, cut into 3/4-inch (2 cm) slices

### For your phone

## Epicurious Recipes & Shopping List (iPad/iPhone/Android; free)

With an impressive revamp, this old favourite seems new again. A better layout

**I COOK LIKE A PRO**



### MIND THE APP

Kris Abel  
@RealKrisAbel  
life@metronews.ca

combined with a recipe box, shopping list, helpful categories, and voice controls makes collecting recipes a delight.

### Shoyu Ramen

Shoyu Ramen  
Main Appétit | September 2013  
by Alanna Thompson

CFL

## Argos release backup QB

Zach Collaros won't have to wait until the start of CFL free agency to find out how much he'll be worth on the open market.

The Toronto Argonauts released the backup quarterback Wednesday, more than two weeks before Collaros was scheduled to become a free agent. Instead of having to wait until Feb. 15 to begin weighing outside offers, Collaros is free to start testing the waters immediately and sign with the team of his choice.

The expansion Ottawa Redblacks, who begin play this season, will also look at Collaros but the expectation is GM Marcel Desjardins will do that with most available free agents. The franchise selected Calgary's Kevin Glenn and B.C.'s Thomas DeMarco in last month's CFL expansion draft. **THE CANADIAN PRESS**

Another honour

## Yzerman named to Order of Hockey in Canada

Steve Yzerman was named to the Order of Hockey in Canada on Wednesday along with former women's national team captain France St-Louis and legendary university coach Clare Drake.

The former Detroit Red Wings captain won three Stanley Cups and a gold medal as a player with Canada at the 2002 Olympics. He won another gold medal as the executive director at the 2010 Games in Vancouver.

**THE CANADIAN PRESS**



Erik Karlsson is confident it will be safe for NHLers to compete in Sochi. **BRUCE BENNETT/GETTY IMAGES**

# Karlsson hungry for first taste of Olympics

**Hockey.** Sens blue-liner believes Winter Games will go on without any security hiccups

cerns surrounding the Games but doesn't believe there is anything to worry about at this time.

"There's a lot of talk about it right now, but I think it's going to be safe for us," said Karlsson. "When the time comes I don't think there's going to be any issues."

"Coming from Europe, you hear a lot of that every day so for me it's not anything new."

Karlsson has no fear for his own safety. And should Sweden advance in the tournament, Karlsson said his parents will consider flying in from Sweden to take in some of the action.

The excitement of playing in the Olympics far outweighs any security concerns Erik Karlsson might have about the Sochi Games.

The Ottawa Senators defencemen will play for Sweden in Sochi, Russia, in what will be his first Olympic experience.

The 23-year-old is well aware of the security con-

**Team lead**

**50**

Erik Karlsson is at the half-century mark in points this season leading all Senators. He has scored 12 goals and recorded 38 assists. He averages more than 27 minutes per game.

While Karlsson is looking forward to the overall Olympic experience, he admits it will be taxing.

"It's going to be tough mostly because of the travel and time change, but there's a lot of other players who are going to have to deal with

the same thing as well," said Karlsson. "I don't think it's going to affect the game."

"It's an easy atmosphere to get into and get used to. It's always fun to play games that matter."

Karlsson is only one of two Ottawa players travelling to Sochi. Forward Milan Michalek will play for the Czech Republic.

"The one concern is injuries," said captain Jason Spezza. "We had (Dominik Hasek) get injured at the '06 Olympics and that cost our team to make a run, but that's a one-off situation."

**THE CANADIAN PRESS**

# UFC packs bigger punch for Canada in 2014



Montreal's Patrick Cote, pictured, will take on Australian Kyle Noke in Quebec City on April 16. **GETTY IMAGES FILE**

The UFC will hold five shows in Canada in 2014, including a return to Vancouver and new stops in Halifax and Quebec City.

The schedule, announced at a news conference Wednesday in Quebec City, also calls for fights cards in Toronto and Montreal.

The five shows are up from three in recent years when Toronto and Montreal were constants on the schedule with another city rotating in.

The busy calendar is a nod

to the appetite for mixed martial arts north of the border.

"On a per-capita basis, no nation in the world consumes MMA like we do," Tom Wright, director of UFC Operations in Canada, Australia and New Zealand, said in an interview. "The fact we've been able to go from three events to five events is a reflection of that."

Quebec City will host a show for the first time in the form of a televised UFC Fight Night for the live finale to The Ultimate Fighter Nations: Canada vs. Australia on April

16 at Le Colisee Pepsi.

The UFC returns to Vancouver on June 14 for UFC 174 at the Rogers Arena.

Toronto gets its fifth show in the form of UFC 178 on Sept. 27 at the Air Canada Centre.

The UFC debuts in Halifax on Oct. 4 with a televised Fight Night card at the Metro Centre.

And the Canadian schedule concludes Dec. 6 with UFC 181 at the Bell Centre, marking Montreal's seventh show.

**THE CANADIAN PRESS**

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## Slalom. Water? Snow? Mielzynski can ski on it

Canada's Erin Mielzynski loves being on skis — either on water or the slopes.

She's in her seventh year on the national alpine team but part of her foundation in the sport was built during her younger days when she'd water-ski on the lake at her family cottage.

"That's what we did five times a day, every day of the summer," the Guelph, Ont., native said. "That's what I loved doing. I was more trained as a water-skier."

It was on the water where Mielzynski developed the "twitch muscles" that have served her so well on snow. She would often focus on trick skiing and try to squeeze in as many moves as possible in a 20-second run.

That training helped her when she made the full-time transition to skiing on snow.

"Slalom is a very fast twitch, you do more than a gate a second and that's I think why I started to excel," she said in a recent interview. "I can find the rhythm of a course and create the power that's needed in that quick second."

Mielzynski skied the slopes of Georgian Peaks as a youngster, not far from her current hometown of Collingwood, Ont. She tried all the alpine disciplines in her formative years but really excelled at slalom.

"People noticed more talent there I think, more natural talent," she said. "So that's



Erin Mielzynski  
GETTY IMAGES FILE

what I focused on. Now I'll bridge back out to what I was doing before too. I'll use what I've learned in my slalom to get better in the other events. That's how I made the team and so we stuck with that for a few years."

Mielzynski, now 23, water-skied at an elite level as a teenager. She competed in the junior world championships in 2006 and won silver in the jump competition.

Two years later, she got word that she had made the national alpine ski team.

"So I made the switch over and I gave (water-skiing) up cold turkey."

Mielzynski made her World Cup debut in the 2009-10 season and made the Olympic roster for the Vancouver Games. She feels the experience that came along with her 20th-place result will serve her well in Sochi. **THE CANADIAN PRESS**

### Zigging and zagging to the podium

Erin Mielzynski had a breakout 2011-12 season. She won gold in Ofterschwang, Germany, to become the first Canadian since Betsy Clifford in 1971 to win a World Cup

### women's slalom race.

- She followed that up the following season with a World Cup bronze in Zagreb, Croatia.

# Humphries' humble beginning in bobsled

### Learning to drive.

Reigning Olympic champion broke collarbone, knocked out a brakeman in early training

One of Kaillie Humphries' first trips down the bobsled run left her with a broken collarbone and an unconscious brakeman.

Good thing one of her greatest strengths is perseverance.

It was about a decade ago, and the reigning Olympic women's bobsled champ had just given up a ski racing career fraught with injuries to pursue bobsledding.

The crash happened on the last day of a learn-to-drive course at Calgary's Canada Olympic Park. Humphries — who, unbeknownst to many, actually began her sledding career as a driver — was piloting the sled. She had an experienced male sledder in back on the brakes.

Somewhere along the treacherous twisting ice track, Humphries flipped the sled, knocking the brakeman out cold and sending him sailing out the back end.

"Kaillie was yelling and screaming, 'Brake! Brake!' and she turned around and there wasn't anybody behind her," her mom Cheryl Simundson said. "So she reached over and pulled the brakes herself and stopped the sled."

It was a less-than-aus-

### Team Canada

**221**

Canada will send 221 athletes to the Sochi Olympics, its largest ever team for a Winter Games.

picious start, but some 12 years later, there's not a woman in the sport more dominant.

The 28-year-old from Calgary roared to Canada's first Olympic women's title four years ago in Vancouver with brakeman Heather Moyse, and went on to win the world championships in 2012 and 2013.

That broken collarbone sidelined Humphries for several months, and she returned at the tail end of that season as a brakeman.

But a heartbreaking trip to the 2006 Turin Olympics that saw Humphries sit out as an alternate was where "history was made," Simundson said.

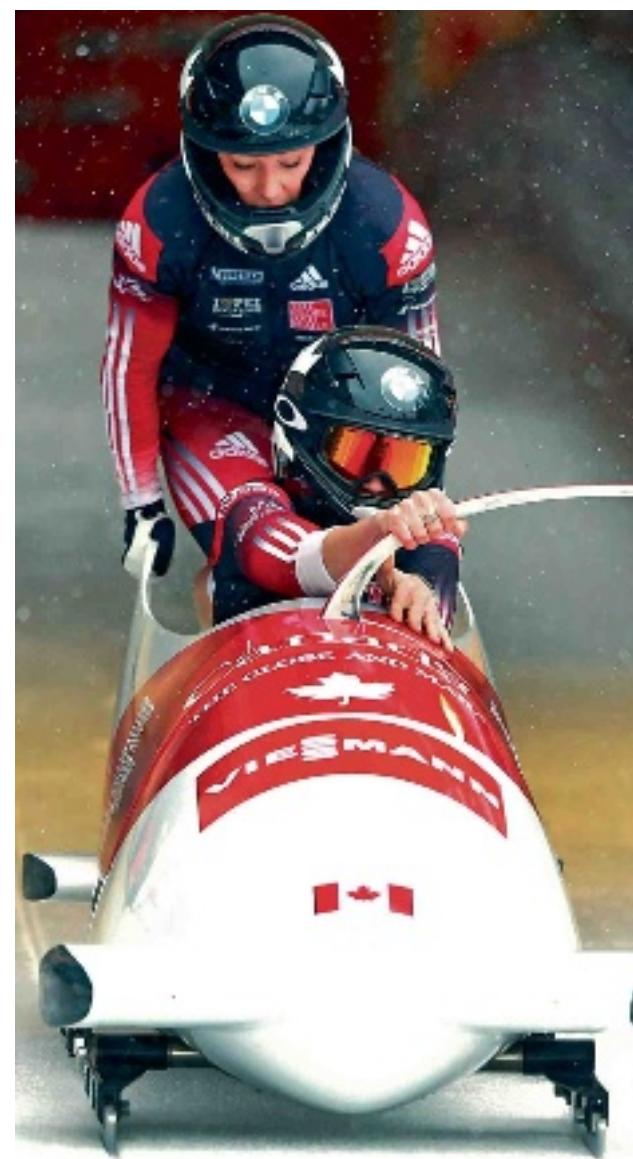
She decided to return to driving.

"That's what made Kaillie decide 'I'm going to be in charge of my own destiny.' You look back and you think 'That was a blessing, it really was,'" Humphries' mom added.

Humphries and Moyse reunited this season with their sights on defending their Olympic title.

"No one in women's bobsleigh has ever repeated an Olympic title," Humphries said. "That's my goal, to go out and be the first one."

**THE CANADIAN PRESS**



Kaillie Humphries, front, and Heather Moyse start a run during a two-woman bobsled World Cup race in Koenigssee, Germany, on Sunday.

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

# Beast Mode saves his breath for the big game



Seahawks running back Marshawn Lynch at a media availability on Wednesday in Jersey City, N.J. JEFF ZELEVANSKY/GETTY IMAGES

Beast Mode was Least Mode again.

Seattle Seahawks running back Marshawn Lynch abruptly ended his media availability — again — walking away from a throng of reporters while escorted by a member of the New Jersey State Police on Wednesday after about seven uncomfortable minutes in which he answered just a few questions.

The elusive Lynch, who created a stir at media day Tuesday by talking for only six and a half minutes, writhed in his seat and leaned his head back

### His actions do the talking

**"He gets it done on game day."**

**Seahawks fullback Michael Robinson** on Marshawn Lynch's production on the gridiron in contrast to his participation during media events.

at times. A few dozen reporters, lined up as much as five deep, tried to ask questions during the players' 45-minute availability at the team hotel.

"I really don't have too much to say, boss," Lynch said

in a tone barely above a whisper. "I really don't. I appreciate it, but I don't get it. I'm just here so I won't get fined, boss. That's the only reason I'm here."

Earlier this month, Lynch was fined \$50,000 for not cooperating with the Seattle media. The NFL put that fine on hold, saying it would be rescinded if he complied with media obligations. During media day, Lynch spoke for six and a half minutes before leaving, then returning to speak to Deion Sanders for NFL Net-

work, to the Seahawks website, and to Armed Forces Network — and acknowledged he was trying to avoid being fined by the league for not meeting his media requirements.

It didn't appear Lynch would be fined, for either Tuesday or Wednesday.

"Players are required to participate and he participated," NFL spokesman Greg Aiello said in an email to The Associated Press. "His comments of the past two days have been widely circulated."

**THE ASSOCIATED PRESS**

Horoscopes

**Aries**

March 21 - April 20

This will be an enjoyable day and it will be more enjoyable still if you don't waste time worrying what others might think about what you are doing — or who you're doing it with!

**Taurus**

April 21 - May 21

If you need to ask a favour of someone in a position of authority, now is the time. Cosmic activity in the career area of your chart makes it easy for you to approach employers.

**Gemini**

May 22 - June 21

If others want to take control and decide what you are going to do together, you should let them. Today's new moon means you can afford to sit back and let partners make the difficult decisions.

**Cancer**

June 22 - July 23

Try to take things easy today because if you tire yourself out, physically or intellectually, it may take a while to recover. You don't need to be as intense as you usually are. Everything will turn out for the best no matter what you do.

**Leo**

July 24 - Aug. 23

Whatever goals you set over the next few days, you will reach them with ease. But don't spend all your time and energy on work: This is potentially one of the best days of the year for affairs of the heart.

**Virgo**

Aug. 24 - Sept. 23

Something you've worried about for weeks will resolve itself in your favour thanks to the new moon. There is a lesson: Nothing is ever worth getting too worked up about.

**Libra**

Sept. 24 - Oct. 23

You can sense that something marvelous is going to happen over the next 24 hours but you don't know what it is. Whatever it is, make the most of it.

**Scorpio**

Oct. 24 - Nov. 22

No matter how badly someone may have let you down, forgive them. There is no point holding a grudge, not when there are so many wonderful things going on in the world.

**Sagittarius**

Nov. 23 - Dec. 21

You should be feeling more relaxed about life now and today's new moon will put you in the mood to go out and have fun with your friends. Partnerships and relationships will make you happier than you ever thought possible.

**Capricorn**

Dec. 22 - Jan. 20

Lady Luck will smile on you today. Good things will come your way without you having to do very much at all to attract them. Having said that, don't give away any personal information and don't try too hard. Just let it happen.

**Aquarius**

Jan. 21 - Feb. 19

Today's new moon in your sign makes this the perfect time to start something you always wanted to do but never had the courage. Now you do — so get on and make it a success.

**Pisces**

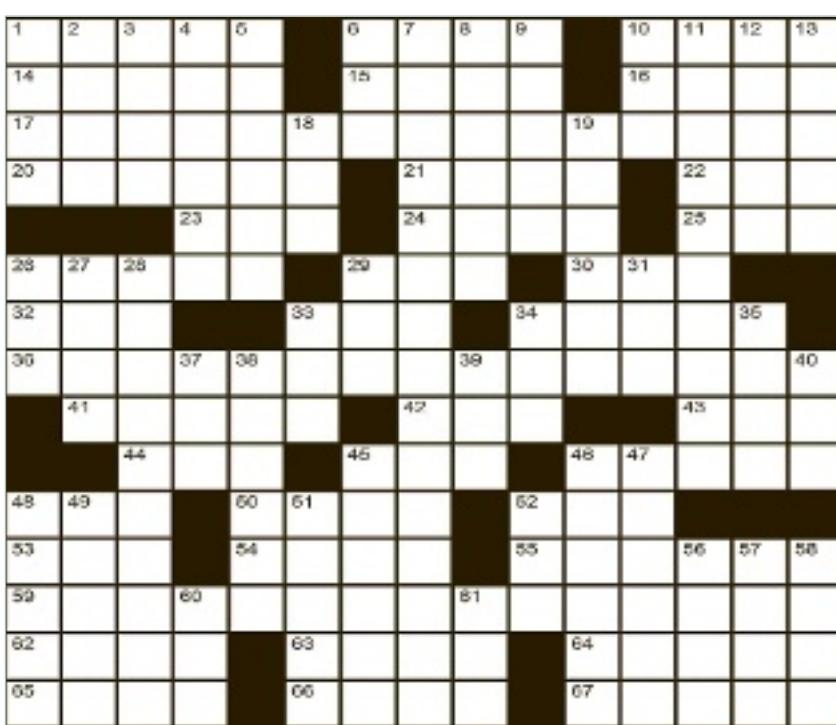
Feb. 20 - March 20

Why do let doubts hold you back? You've got to be more ambitious and more adventurous. This could be the day when your life changes for the better — but only you can make it happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Ranching rope
6. "Cat on \_\_\_ Tin Roof" (1958)
10. From square one
14. Angered
15. Michael of "Juno" (2007)
16. Way
17. The Purcells, for one: acr. + wd. + wd.
20. Postpone
21. Pick a politician
22. Nourished
23. 'Trick' suffix
24. Cosmology's original matter
25. Some badges, e.g.
26. No longer 'in'
29. Montreal Mrs.
30. Company name abbr.
32. Dadaist Jean
33. Defence contractor, with Systems
34. Bug varieties
36. Woodlands worry: 2 wds.
41. Stan's comedy partner, cute-style
42. Help
43. Poetic contraction
44. Test tube's li'l locale
45. Ctrl, Shift, \_\_
46. Baseball Hall of Famer Mr. Sandberg's
48. Wane
50. Cutting remark
52. Racecar driver Mr. Fabi
53. Bovine's bellow



54. Sea wolf
55. NYC's infamous club, \_\_ 54
59. Canadian ice dancing legends/ Olympians: 3 wds.
62. Eugene O'Neill play, \_\_ Christie
63. "The King \_\_" (1956)
64. Lucille Ball's co-star Desi
65. Many lipstick hues
66. Vocally vex
67. Like an annoying fly

Down

1. Ad-\_\_ (Improvises)
2. Curve
3. Equivalent
4. Shoulder scarves
5. Hors d'\_\_
6. Perform

7. Anvil and Helix, for example: 3 wds.
8. Baltimore baseball player
9. Aunt, in Montreal
10. Simon & Garfunkel's "I \_\_ Rock"
11. Book genre
12. Created by U2's guitarist?
13. Unwanted plants
18. Napoleonic Wars

19. Doing that sleep state thing, say
26. \_\_-Man
27. Folkie Mr. Guthrie
28. 1945 Ingrid Bergman/Gregory Peck thriller
29. Egyptian \_\_ (Cat breed)
31. Bug
33. Pre-A.D. time

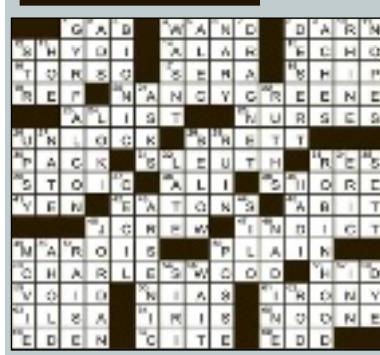


See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

alternative  
34. "Oh, \_\_!" (1977)  
35. Snick-or-\_\_  
37. \_\_ carte  
38. Gift box decoration  
39. English \_\_.  
40. Li'l weight units  
45. Secrets to some  
46. Capture all over again  
47. Lionel Richie song that starts "Baby you'll find / There's only one love...": 2 wds.  
48. Put into a cell  
49. American frontiersman Daniel (b.1734 - d.1820)  
51. Backward on the boat  
52. "How naughty!"  
56. Mr. Aykroyd's  
57. "Take \_\_ face value."  
58. Sharon's rocker hubby  
60. Univ. dorm supervisors  
61. Dunk

Yesterday's Crossword



Sudoku

**How to play**  
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	3	2	8	6	4	5	1	7
7	4	6	5	1	2	3	9	8
1	8	5	3	7	0	4	6	2
5	7	2	8	4	6	1	2	9
8	6	0	2	5	1	7	3	4
2	1	4	7	9	3	6	8	5
3	5	7	6	8	9	2	4	1
6	8	1	4	2	5	9	7	3
4	2	9	1	3	7	8	5	6

9	2	6	4	8	1
5	3	7	2	8	9
4	7	6	3	1	9
2	8	5	4	6	7
9	6	3	2	7	8

Today

-6°/-8°  
Partly cloudy

Friday

-1°/-9°  
Variable

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will be 14 days from now.  
Check the 14 day trend.

TWN incorporates MSC data

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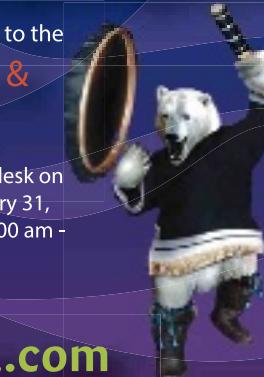


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